BBC
goodfood
Middle East
October 2021
DHS15
www.bbcgoodfoodme.com

Celebrate with cake

It's our 14th Birthday!



SEASONAL EATING

- Slow-roast lamb with prunes & roasted garlic
- Plum, lemon & ricotta cake
- Spooky Halloween brownies

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Welcome!



It's our Birthday! *BBC Good Food Middle East* turns 14 this year and it's all thanks to you, our loyal readers! Those who have been reading the magazine for over a year may already know that October happens to be one of my favourite months. I'll be baking our cover star, Rainbow cake (p42), not only to celebrate the brand's birthday, but also mine!

Autumn produce arrives in markets this month and we have a delectable selection of hearty recipes to suit the welcoming weather change. Whether you're looking for a Tuscan-style ribollita (p44), a Plum, lemon and ricotta cake (p48), or a comforting Slow-roast lamb (p50) for the weekend, the October issue has plenty of inspiration. You will also find a new feature, Next Level (p58), offering tips and tricks to jazz up an all-time favourite. Additionally, do keep your eyes peeled for our travel section relaunching next month.

Alongside wholesome meals and easy midweek recipes, this issue also highlights traditional ways to use feta (p28), family-friendly recipes for when you're rushed for time (p61), nutritious suppers (p72) and weekend treats to indulge in. We haven't forgotten one of your favourite celebrations this month, Halloween! It's time to bring out your mixing bowl for a big batch of our irresistible Chocolate brownies with a spooky twist (p56) - guaranteed to be loved by all ages.

Happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!

"This Feta, herb & spring onion borek is a new addition to my brunch spread, as it curbs all cravings for a filling, mouthwatering puff pastry dish," says Sales manager, Liz.





Digital editor, Serena says: "I can eat banoffee in any form, be it pudding, ice cream or brownies. I can't wait to try this traybake with banana and toffee goodness."





"I'll be serving these NYC-style hot dogs with street-cart onions, when the NBA League is on, to get a feel of the courtside vibe at home," says graphic designer, Froilan.



BBC goodfood Middle East

EDITORIAL
EDITOR: Nicola Monteath
nicola.monteath@cpimediagroup.com
DIGITAL EDITOR: Serena Botelho e Warren
serena.warren@cpimediagroup.com

ADVERTISING
SALES MANAGER: Liz Smyth
liz.smyth@cpimediagroup.com
SALES MANAGER: Gill Fairclough
gill.fairclough@cpimediagroup.com

bbc.sales@cpimediagroup.com

MARKETING
marketing@cpimediagroup.com

DESIGN
Froilan A. Cosgafa IV

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

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Media City, Building 4, Office G-08
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Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

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Good Food UK
EDITOR-IN-CHIEF: Christine Hayes
MAGAZINE EDITOR: Keith Kendrick
PUBLISHING DIRECTOR: Simon Carrington

BBC Studios, UK Publishing
CHAIR, EDITORIAL REVIEW BOARDS: Nicholas Brett
MANAGING DIRECTOR, CONSUMER PRODUCTS AND LICENSING: Stephen Davies
DIRECTOR, MAGAZINES: Mandy Thwaites
COMPLIANCE MANAGER: Cameron McEwan
UK PUBLISHING CO-ORDINATOR: Eva Abramik
UK.publishing@bbc.com

www.bbcstudios.com

Immediate Media Co Ltd
CHAIRMAN: Martin Weiss
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Molly Hope-Seton

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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

gf YOUR SAY

We love hearing from you!

STAR LETTER



The September magazine cover makes you forget the heat and stress with that yummy strawberry mouse. What I like about this issue is the easy-to-make recipes. We all know that after a busy day at work, we are either tired to go out or cook, and even though there is delivery, there is a different joy in homecooked food. The easy recipes are really good, with no-cook dinners and salad options. I am also glad there is always something for dessert. My sister will surely try to make the Burnt Basque cheesecake. Thanks for having the myth busters too - those kitchen foodie hacks are a great help. The same goes for the *Tried and Tasted* as it is always nice to see reviews before trying a restaurant. You featured Fi'lia and I can say, I agree with your review, as we tried it in July and both the food and views were amazing. Good food is always a stress reliever in this busy life.

Jhana Masing



Ooh la la! I really enjoyed the health section, where you have put in magnificent work in the Good morning breakfast recipes - suitable for me as I'm a working lady. I also liked the *Five healthy ways with chickpeas* recipes - I have already put that on my list to cook every weekend. The health diet plan was the first time I've attempted this kind of recipe, as it's a veggie plater. I have committed to being healthier and making healthy dishes, that's why I'm always so motivated with the recipes in each issue. Standing ovation for the team!

Huda Mohammed



The best magazine for food lovers. This month's best thing to read and apply was the *No-Cook Dinner* recipes. I loved every bit of it, from the feta cheese and veggies to pear salads - packed full of nutrients and not at all time-consuming. Thank you.

Vinita Ramchandani

WIN!

AKIRA BACK AT THEATRE EXPERIENCE FOR TWO AT VOX CINEMAS, MALL OF THE EMIRATES, NAKHEEL MALL OR CITY CENTRE MIRDIF, WORTH AED1,000

VOX Cinemas has launched a dynamic culinary collaboration with Michelin-starred chef Akira Back, at their luxury cinema concept THEATRE. The exceptional offering marks a new era of fine food and film, where diners can savour an eclectic modern Japanese menu curated by the world-renowned culinary genius. Dine at an exclusive private lounge or at your plush cinema seat, where you can tuck into signature specialities such as an Akira Back pizza, Kimchi fried rice and Angry chicken complemented by fragrant, hand-crafted mocktails and decadent desserts such as the AB Kiss. Currently offered in Dubai, this month in Abu Dhabi, the Akira Back at THEATRE experience is set to roll out at VOX Cinemas in Bahrain, Qatar and Kuwait later this year.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Photographs SUPPLIED



IMMERSIVE DINING

A sensational dinner coupled with a lineup of breathtaking shows awaits guests at The Theater Dubai

The Theater Dubai presents a visual spectacle of world-class entertainment unlike anything seen before, with unparalleled experiences of dynamic shows that will intrigue your imagination and leave you in awe. Complete with exquisite interiors, guests can expect a unique and refreshing dining concept, featuring an exciting Italian Japanese fusion menu with a mix of bold flavors. With Lebanese-Armenian musician, composer, and pianist Guy Manoukian as the Artistic Director of The Theater, you can expect each show to be performed by an incredible lineup of artists from vocalists and aerialists flown in from across the globe. A feast for all senses, the lineup of shows each night are curated exclusively for The Theater and will feature a fusion of Eastern and Western performances while incorporating the works of legends from the past and the present, blurring the lines between fantasy and reality. Guests can embark on a dramatic journey as they immerse themselves in the storyline of each act.

Sited at The Fairmont Hotel on Sheikh Zayed Road, there are two sets of seating timings on each night of the shows, starting at 7:30 pm and the second at 10:00 pm, each providing a multitude of shows. Expect to be captivated with a combination of food, music, and lighting complete with stellar shows on a diverse and elevated skill and performance. Guests who choose to discover what lies past the red velvet curtains folds will find a touch of magic and uniqueness added to their night, from regular themed nights every Wednesday such as Guy Manoukian and Friends, where Guy Manoukian performs a fantastic one of a kind set with "friends" from regional and international artists. Tuesdays at The Theater now introduce Disco Inferno to set the stage on fire starting from September 21st, combining all your 1970's favourites under one roof. Decorated and ready for the night ahead, from the hanging disco balls to the outfits, the night promises a medley of musical and dance performances to honour and keep the memory of this era alive.

The remainder of the shows from Thursday to Saturday present incredible levels of exhilarating entertainment that are anything but routine in both collections of shows in the two seating timings. Arriving guests who are ready to spend a special night at The Theater can witness the music, lighting and ambience, with a menu that showcases everything from caviar and oysters to sushi platters and a beautiful range of desserts to indulge in.

Those who live for, and chase experiences, will revel in the shows at The Theater and the glittering lights and beautiful music, for what the curtain reveals every time it opens leaves great room for wonder. Whether you're in the mood for English, Arabic, expressive dance, or about to be mesmerized by beautiful aerial dancers suspended on a silk pull from the ceiling, there is something for everyone, and a little more.

Welcome to the masterpiece in motion.







THE THEATER

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





EXPO 2020 IS HERE!

The highly anticipated Expo 2020 Dubai opens its' doors this month, and lucky for us, there are plenty of culinary experiences to explore. The Rising Flavours Food Hall, inspired by the GCC countries, will shed light on regional cultures and unique takes on international cuisines. The three-storey dining hall showcases the range and creativity of the Gulf region's vibrant food scene, with a celebration of notable flavours and talent born and/or nurtured within the region.

The ground floor, home to a regularly rotating line-up of culinary pods, features chefs and restaurants that demonstrate the gastronomic variety of each country, including concepts from the UAE, Bahrain, Kuwait, Oman and Saudi Arabia. The line-up includes celebrity chef Douha Abdullah Al Otaishan (Saudi Arabia's first female executive chef); UAE-based pastry chef Carmen Rueda; Omani celebrity chef Nader Al Aisari; Hattem Mattar (The Arab world's first pitmaster); Emirati Musabbeh Al Kaabi (known for his modern approach to Emirati cuisine); Turkish chef and concept creator Zulfikar Cambaz (Chef de cuisine at BABA, Westin Mina Seyahi); Jay Williams, and Jhon Faver (Chef de cuisine at El Sur, Westin Mina Seyahi), amongst others.

The first floor features a licensed fine-dining restaurant with a chef's table and a theatrical cooking show. Diners can expect dishes such as Ahi tuna; Red snapper tagine, Zucchini and saffron risotto; Oven-baked filo pastry filled with beef, mushrooms and tomatoes served with yogurt sauce, and Shrimp and piquillo pepper croquettes and parsley aioli. The walls are adorned with artwork from GCC artists, while diners are serenaded by live performances from regional talent, featuring traditional and modern sounds from the Gulf as well as guest DJ mixes.

Visit expo2020dubai.com/en/plan-your-visit/where-to-eat. For up-to-date information on culinary experiences, visit bbcgoodfoodme.com/expo-2020/.

THE BEST BITES



If you've been following a low-calorie meal plan, you probably miss ice cream. London Dairy recently unveiled a variety of low-calorie ice creams, so you can now indulge guilt-free. The curated range boasts 1/3rd calories of regular ice cream, and is available in flavours such as Low Cal Salted Caramel, Vanilla Bean, Hazelnut Chocolate Fudge, Birthday Cake & Peanut Buttercup. Considering a 473ml tub of ice cream from the low-cal range contains a calorie count as low as 293 Cals, it's a treat for non-cheat days too.

Photographs SUPPLIED



GRAB-AND-GO HEATABLE SOUP BOTTLES

Re:Nourish, the vegan, gluten-and dairy-free soup from the UK, has arrived in Dubai, offering soups free from artificial additives, preservatives and added sugar. If you're pressed for time, head to the nearest Choithrams and grab one of their microwavable soup bottles. Making lunchtime shopping quick and convenient, you can expect fresh, hearty savoury sips of soup from a bottle that, along with its label and cap, is completely recyclable and BPA free. Take your pick from Immunity (Kale, spinach and turmeric), Digest (Roasted carrot and ginger) and Fuel (Yellow split pea, turmeric, daal), all of which are low in fat, high in fibre and rich in vitamins and minerals.

Available at Choithrams in the Greens, JVC, Dubai Marina, DIFC, Safa Park, Umm Suqeim and The Lakes.



NEW LAUNCH!

The region's first check-out free store, Carrefour City+ has opened at Mall of the Emirates, offering a quick, seamless and contactless experience using cutting-edge, artificial intelligence technology. Customers can use their phones to access the store, via the MAF Carrefour App, pick their desired items and walk out without having to queue at the cash register. Every item picked will be automatically added to a digital shopping basket and the purchase will be completed by simply walking out.

HEALTHIER DINING

Looking for a plant-based alternative to chicken while dining out? Asia's leading food tech startup, Next Gen Foods, has launched its flagship product in the UAE, TiNDLE plant-based chicken. Made with nine simple, natural ingredients, TiNDLE is the first product (from Next Gen Foods) that aims to make the global food system sustainable while improving public health. The product is free from antibiotics, hormones, cholesterol and genetically modified ingredients, and can be used in everything from stir-frys to kebabs and nuggets. The brand is available on menus across 20 outlets in Dubai, Abu Dhabi and Fujairah, including At.mosphere at Burj Khalifa, Akira Back Dubai, BB Social Dining at DIFC, Bite Me Burger/Get Plucked at DIFC and Jumeirah Park, FIKA at Jumeirah Beach Hotel, Zero Gravity at Dubai Marina, La Brioche in Dubai and Abu Dhabi and Le Meridien Al Aqah Beach Resort in Fujairah.







Farm-to-table

Indoor vertical farms are popping up like mushrooms across the UAE. The latest launch, Krispr, cultivates fresh, beyond organic produce, all year round. The hyperlocal produce is delivered within a few hours of harvest, ensuring peak nutrition and freshness. The brand aims to tackle the GCC region's food security challenges by transforming food production and reversing nutritional decline without damaging the planet. Furthermore, it uses closed-loop water-saving nutrient systems and indoor environmental controls, to create the ideal conditions for plants to thrive, so they can grow within urban centres. Shop for baby kale, butterhead, Batavia, frisée and basil, for fresh greens in your dishes.

Available at maisonduffour.com, vegberry.com, shopkitopi.com, casinetto.com and kibsons.com.

top buy

From tableware to gifts, here's our list of most wanted items to make dining and entertaining all the more fun



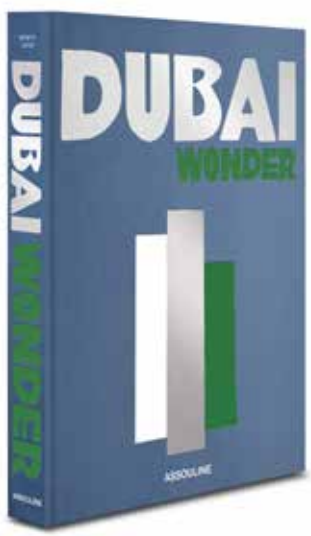
Bake our cover star, Rainbow Cake (p42), and showcase the fruits of your labour in this gorgeous Waiver cake tray. Afternoon tea with the ladies is about to get a stunning makeover thanks to this new addition.
AED349 at Aura Living



The next time you host a gathering at home, place your culinary creations on this modern Gold metal serving plate. The latest home collection from Pretty Little Thing offers everything from tableware to home accessories, allowing you to switch up your accessories every season.
AED27 at prettylittlething.ae



Miele has unveiled its innovative Generation 7000 range comprising 353 new kitchen appliances, making it the biggest launch in the German manufacturers 120-year history. The built-in appliances feature modern and elegant products from ovens and hob units to coffee machines and dishwashers. Additionally, built-in Wi-Fi connects the appliance to the Miele App, enabling a host of convenient functions. The new cooking range includes MotionReact, a cross-product feature wherein a Miele appliance senses the proximity of the user and activates the oven light and control panel, and deactivates the buzzer at the end of a programme. Additionally, TasteControl - a world's first in ovens - prevents food from overcooking by automatically opening the door slightly and activating the fan to bring the temperature in the oven interior down rapidly, once cooked. And for the best possible results, FoodView features an integrated camera inside the oven compartment, transmitting high-definition images to a smartphone or a tablet. Adjustments can easily be made to the temperature and length of the current cooking cycle, from your mobile device.
Visit miele.ae



Looking for a unique gift or a coffee table book? Dubai Wonder takes readers on a journey of the storied city and its cultural diversity and district neighbourhoods, giving you a glimpse of old Dubai and its modest beginnings. With EXPO 2020 taking place this month, there's no better time than now to learn more about the development of this international port city and desert oasis. The latest addition to Assouline's Travel Series also highlights stars of architecture such as Zaha Hadid, Foster + Partners and Santiago Calatrava.
Available at assouline.com



Make eggs in a jiffy with this Dash Rapid egg maker, which guarantees your favourite type, be it hard or soft boiled, poached, or an omelette, in minutes. The lightweight and compact cooker boasts an auto-shut feature to prevent overcooking and includes a made-to-measure cup and additional accessories.
AED99 at Simply Kitchen stores

Flavours of the month

What's hot and happening around town this month

Armani/Hashi

Kicking off the new season with a bang is this Japanese restaurant at Armani Hotel Dubai. Iron Chef Thailand alumnus, Sin Keun Choi ('SK'), currently the new Head Chef of Armani/Hashi, unveiled 'A Taste of Autumn' menu in keeping with the fall festival season in Japan. Expect simple dishes with innovative use of ingredients seen in the Mango skin foie gras gyoza, Tuna and beluga caviar tartare with sushi crackers, Pickled tomato and seared salmon salad with aji amalio; and a delectable pairing of Hokkaido scallops, black tiger prawn tempura, Beef short ribs and Rougié foie gras served with vegetables. Polish off your meal with the Green tea sugar sphere for dessert.

The menu is available from October 12 to 31. AED599 per person including soft drinks. Contact +9714 888 3666.

Time Out Market Dubai



This food and cultural market is now open for weekend breakfast. Over 25 brand-new dishes have been added to the menu, including the city's best-value bubbly. The à la carte offerings feature bespoke dishes such as BB Social Dining's twist on eggs Benedict with toasted bao buns and fresh black truffle, Local Fire by The Mattar Farm's brisket burnt ends, and Pickl's breakfast bap. For something sweet, try Long Teng's creamy egg custard buns, Nightjar's crème brûlée pancakes, and Scoopi's banana and peanut butter waffles, amongst other dishes. As you tuck into your meal, enjoy the musical performances while children head to the arts & crafts booths.

A pre-payment of AED150 secures your breakfast booking, which is presented as monetary value on a Market card upon arrival. Bookings can be made by emailing reservationsdxb@timeoutmarket.com. Visit timeoutmarket.com/dubai/ for more information.

Paper Fig



At the heart of Sharjah, in the Muweilah area, is this hidden gem that offers sumptuous breakfast, lunch and dinner dishes, as well as decadent cakes and coffee. Now offering a Business Lunch set menu, it's the perfect stop for those who want to catch up with colleagues and friends over a delish three-course meal. Begin with your choice of soup or salad followed by Paper Fig's signature Pink pasta, a Chicken burger or the notorious Beef burger. Don't leave without trying the Vanilla milk cake or Tiramisu.

The menu is available from 2-7pm at AED99 per person. Contact 600560601.

Photographs SUPPLIED

Armani/Hashi



Koko Bay

Located on West Beach, Palm Jumeirah, is this gorgeous beachside restaurant that now boasts an exciting new menu. Diners can try an array of cold appetizers including freshly shucked premium French Gillardieu oysters, Hamachi crudo, Norwegian salmon tartare on charcoal tapioca crackers or a refreshing Grapefruit avocado ceviche with ume-shiso dressing. Entrées include the Australian black Angus T-bone MB 4-5 cooked on the Robata grill, pan-seared Alaskan black cod served with saffron cream, Korean Wagyu galbi or Cornfed chicken escalope with a creamy wild mushroom fricassee. Vegetarians and vegans can also indulge in menu offerings such as Miso edamame hummus, Vegan poke bowl and Cantonese Lo Bak Go (crumb fried turnip cake) with shiitake mushroom, fried garlic and shallots. For the finale, try the Choco Loco, a 70% Guanaja dark chocolate ganache with cocoa soil, almond crumble and yuzu raspberry explosion; Hawaiian pineapple carpaccio and the Mango miso with kinako crumble, coffee boba and lyophilized mango.

Contact +9714 572 3444.

Hakkasan Dubai



After a temporary hiatus over this summer, the award-winning global Cantonese restaurant has reopened with a fresh look and a reimagined seasonal menu. The revamp features a stylish lounge and an intimate, refined dining area with dark blue and turquoise tones complemented by intricately carved wood screens and latticing, for a more ambient space. The menu continues to offer signature specialities as well as new dishes featuring sustainably sourced produce. Spicy organic yellowtail, Assam seafood toban, Curry sweet potato, and a locally handpicked King oyster mushroom salad, are some to try, alongside the Mala Wagyu short rib with pumpkin crisp and Lychee lobster with yuzu pearl. Hakkasan Dubai is also one of the first in the world to feature Love Stories, a concoction collection that takes guests on a sensory journey, inspired in part by the cult Wong Kar-Wai film In the Mood for Love.

Contact +9714 426 2626.

Lopo Pizzeria



There's a new pizzeria in town! Nestled in Downtown Dubai, this eatery offers pizzas made with slow-fermented dough, from stone-ground organic Italian flour, with only the freshest of ingredients sourced locally and from Italy. Signature pizzas include the Diavola made with spicy beef salami cured in the Italian Alps and Bufalina comprising fresh buffalo cheese from Campana. Get a taste of fresh, juicy produce such as Burrata from Puglia, and San Marzano tomatoes picked around the Mount Vesuvius volcano in Southern Italy – used in homemade sauces and pizza toppings.

Contact +9714 326 5505.

ABU DHABI

Hoi An, Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi

Vietnamese restaurant Hoi An re-opens its doors with the launch of the Super Sapa daily changing menu. Embark on a journey of the exotic wonders and colourful flavours of Hoi An, with a special menu brimming with Vietnamese specialities and house beverages. Whet your appetite with appetisers such as Chicken and prawns' ravioli and Traditional Hanoi roll, to name a few, while entrées include Aromatic duck with sweet basil, Wild pepper chargrilled free range chicken with baby leeks, Fish in sizzling pan, and plenty more. Pandan sticky rice and mango and Ginger crème brulee complete this authentic dining experience.

Available Tuesday to Saturday from 6-9pm. AED168 inclusive of soft beverages and AED248 inclusive of house grape, hops and signature concoctions. Contact +9712 509 8555.



West Bay Lounge

Overlooking the Corniche shorelines and enclosed with glass walls, diners can once again head to this exceptional spot for a relaxed weekend breakfast, Afternoon tea, Ladies Nights, Business Lunch, date-night or family gatherings. With exceptional cuisine, scenic views and hammocks, swings and sunbeds for a bit of privacy, you can savour everything from sushi and sashimi to pasta and steak. The dessert selection offers an Insta-worthy Melting chocolate bomb that's not to be missed!

Contact +9712 692 4375.



Tried & tasted

Our top dining experiences this month



BILLIONAIRE DUBAI, TAJ HOTEL, DUBAI

The exclusive Billionaire Dubai will sweep you off your feet before you can even step across the pavement and into the venue. As you enter the glamourous space, there's a welcoming thrill in the air.

The Billionaire Dubai experience has returned better than ever, with electrifying performances complemented by delightful beverages and indulgent Italian and New-Asian gastronomy served with a theatrical flair. A glance around the room reveals elegant, gold-accented décor with a bar on one side, a dining space on the other and a grand stage at the centre. The phenomenal spectacle begins on the dot, at 9:30pm, and thus we highly recommend you arrive on time.

The highlights:

Our nocturnal dining experience commenced with a bowl of Steamed edamame with a sprinkle of Maldon, followed by King crab and avocado California rolls coated in tobiko; and a Tuna tartare with avocado and a creamy truffle sauce that boasted a delicate flavour with velvety texture - just what you'd want in a fresh, raw tuna dish.

Next up was a Baby spinach and fine bean salad with honey-sesame dressing and roasted pine nuts, offering vibrant bursts of flavour and crunch. A quaffable glass of grape and zesty orange-infused sip offered a welcome break, as we turned our attention to the performances well underway. We do not want to take away that element of surprise; but we will say this: prepare to be mesmerised! Expect surprising solo performances and daring routines, together with acts featuring international artists, including people from 'America's Got Talent'. Adding to the scene are acrobats, body contortionists, extraordinary dance and songs, and most importantly - a charming host in glittering outfits, who absolutely steals the show.

Back to the food, the classic Margherita with a thin, light crust was done just right - we ravished every slice. Homemade tagliatelle with a luscious pesto ended the carbs section of our evening.

The theatrical flair particularly stands out during the serving of the Salt-crust baked wild sea bass with cherry tomatoes and black olives. Grab your phones because it presents a show in itself. After being flamed, cracked out of its salt coat, and drizzled with olive oil, we were presented with succulent, subtly sweet fish fillets. A dish that can be easily shared between two to three, we polished every bite.

The Billionaire experience includes creatively crafted dessert platters, and right-on-cue to arrive just as the show ended, was the namesake's dessert selection that can be customised to serve two, four or six diners. Take your pick from portions of Tiramisu, Chocolate fondant, Crème brûlée, Vanilla and Pistachio ice cream and plenty more.



The verdict:

Billionaire Dubai offers a glamourous evening out with immersive dining through a surprisingly affordable à la carte menu and a sensational show.

Book now:

Tuesday to Sunday from 9pm to 3am. Call +9714 510 3100 or WhatsApp +97156 678 3357. Visit billionairesociety.com/dubai.













L'ATELIER DE JOËL ROBUCHON, DUBAI

We were excited to discover the legacy of the world's most celebrated Michelin-starred chef Joël Robuchon, under the direction of his protégé Axel Manes (at Atelier Saint-Germain) and Roberto Torre, who currently leads the brigade as Executive chef at L'Atelier Joël Robuchon Dubai.

This upscale, fine-dining venue boasts a warm hospitable ambience that is sensed the minute you arrive. Prepare to be captivated by a curved open kitchen bar that takes up the length of an elegant dining space. Bold red décor, warm gold lighting and a complementing white palette of textures interspersed around, entices you to walk into the opulent, welcoming space.

L'Atelier de Joël Robuchon was born out of a simple idea. French chef Joël Robuchon decided to create a restaurant concept where signature dishes, inspired by Spanish and Japanese tapas styles, are prepared and perfected in front of diners. An experience to look forward to when offered post restrictions. For now, we were ready to try the famed all-immersive dining experience from the renowned L'Atelier concept.

The highlights:

The amuse-bouche, which we were told changes every five months, was a mildly sweet, nutty artichoke soup with a truffle emulsion and light leek foam. A small portion of red tuna with cucumber, packed in crunchy Tacos topped with a spritz of lime offered a burst of delicate citrusy flavours. Our attention soon turned to the array of dishes that arrived next, Les pizzettes with seasonal truffle; thinly sliced Wild sea bream carpaccio with lime and Espelette pepper; and a delightful Tomato tartare that was hands down the showstopper of Les entrees.

Although we were blown away by the intricacies and notes of each dish, the vegetarian tartare was absolutely sublime. We were informed that it took 10kgs of tomatoes to rustle up just six servings of this dish, which when halfway through, made us realise we almost didn't miss the beef version. I know, and I apologise to the committed carnivores; but give this a try and you might be as surprised as us. It's a dish that every foodie should experience at least once.

The Langoustine in plump ravioli with truffle, foie gras sauce and green cabbage allowed each beautiful ingredient to shine through. A rich, meltingly soft, extravagant dish that forms the epitome of haute cuisine. My dining partner said, and I quote, "This dish needs to be on your list of 'Foods to Eat Before You Die'." L'Artichaud, a bed of creamy parmesan risotto topped with a crispy artichoke, is another great main to try.

A breather was needed at this point, and we chose to sample the delectable concoctions available. Take your pick from sips with ingredients such as lavender, Sakura (Cherry blossoms), hibiscus, lemongrass, rhubarb, chocolate, nutmeg, cinnamon and ginger; ranging from light and breezy to stiff and strong.

Our mains showed up in the form of L'Agneau de lait (succulent, smoky milk-fed Lamb chops with a thyme bouquet); and one of the most perfectly cooked pieces of Black cod I've eaten, marinated with miso under daikon with a yuzu infusion.

Accompanying L'Agneau de lait, and deserving its own mention, is the simple but iconic pot of Pommes purée, a Joël Robuchon recipe featuring an astonishing amount of butter for decadent, silky bites of mashed potatoes.

If our dining experience taught us anything, it was to not leave without dessert. We tried the fruity, vibrant Ispahan with litchi crystallised at -200°C, rose and red berries emulsion and lime and blackcurrant powder, finished table-side. This was accompanied by a complimentary treat of milk ice-cream with basil and crispy rice. Ending our dessert part of the evening was La noix de coco, presented as a sugar sphere with fresh mango sorbet and popping candy, offering a nostalgic throwback to our childhood.

The verdict:

Impeccable dining in a stunning space. Perfect for a celebratory meal, date nights and tête-à-têtes.

Book now:

Daily from 11:30am-3:30pm and 6:30pm-12am. Call +9714 297 7729. Visit atelier-robuchon.ae.

AMAZÓNICO DUBAI

Amazónico Dubai is a whole different world once you step into the venue. The recently renovated three-story space, designed by internationally renowned artist Lázaro Rosa-Violán, transports you to the tropical and diverse rainforest. From a Bar and Lounge area and a Sushi Counter to a formal dining place and a buzzing rooftop, the jungle paradise offers an inviting space with catchy beats surrounded by lush greenery.

The highlights:

You will find a blend of tropical and Latin American cuisines on Amazónico's menu, which tells a story not only of the countries of the Amazon but also the Asian and Mediterranean communities which inhabit them.

Expect unique ingredients, rare delicacies and fusion foods that will make you want to thank your tastebuds. Exhibit A: Sea urchin with guacamole. Mixed at our table, we scooped up chunks of avocado goodness with the accompanying green plantain crisps. The flavours and textures married well, and it was a fight to get the last remaining bit between my dining partner and I.

We need to take a moment to talk about Amazónico's serving plates featuring fun, Amazonian-animal themes. Pan de queso (Cassava cheese bread) with a dash of toffee-like brown butter on the side, offered a welcoming, warm morsel. While the Poblano patacones (crispy Plantain with burrata, corn and kimchi) were perfect one-bite pops of delight.

Not quite ready to move on to the next section of the menu, I spotted a not-so-common dish that used to be a favourite. It was time to experience an elevated version of my mum's recipe, Amazónico's Ancas de rana (Fried frog legs). The meat tasted just as scrumptious as I remember. Served with a spicy mango dressing, the 'similar-in-taste' to chicken wings dish was polished off in no time.

Moving on to the Hamachi tiradito and Aguachile. Each dish offered contrasting bites, with thinly sliced yellowtail doused in a sweet-sour passion fruit, topped with shiso leaves dressing; and the Mexican-style sea bass ceviche with avocado cream, citrus juice and jalapeño, which perfectly cut through the sharpness in every bite.











The menu for punchy sips is an absolute delight, with sketches of creative concoctions and dynamic colours. Aromatic herbs and aloe vera; fruits including lemon, lime, spiced-pineapple, cherries, banana, orange and coconut; and deeper ingredients such as hazelnuts, cinnamon, coffee and chocolate, formed the basis for the specialty creations.

When the time for mains came around, I opted for seafood, while my dining partner chose a charcoal-grilled meat. A new addition to the menu, the Josper grilled Hokkaido scallops with ikura and corn is a vibrant, mildly-sweet dish, which I'd have preferred to have with carbs. But that's just me, I love carbs!

The Entraña marinada (Skirt steak) was cooked well, served with Chimichurri and a choice of sides including Broccolini asparagus with black garlic sauce, topped with crunchy quinoa; Creamy mashed potato and yuca; and the Josper grilled provolone cheese with tapenade. One for the cheese lovers, this dish is too tempting to resist.

With a need to satisfy our sweet tooth, we ordered an El Dorado to share. Diving straight into the cocoa bean shaped dessert, you encounter creamy coconut pearls before reaching a mango jelly and decadent chocolate mousse. Look forward to gold nuggets on the side, an ode to El Dorado, the city of gold, and overall, a dish that is not just a feast for the senses, but the eyes as well.

The verdict:

Bold and boisterous cuisine in a three-story space like no other. Book a table in an intimate corner for after work dinners.

Book now:

Monday to Sunday from 12pm-3am. Call +9714 571 3999. Visit amazonicorestaurant.com/dubai.

THE

THEATER

IMMERSIVE DINING

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THEATER

COOKING PROJECT

Hasselback potatoes

Try this Swedish style of roast potatoes for your next Sunday lunch. Hasselback means they are thinly sliced across but not all the way through to create more edges that turn golden and crisp when roasted. They take a bit longer to prepare but make a great show-off side. As well as being a delicious replacement for your usual roasties they can be served with steak, too.

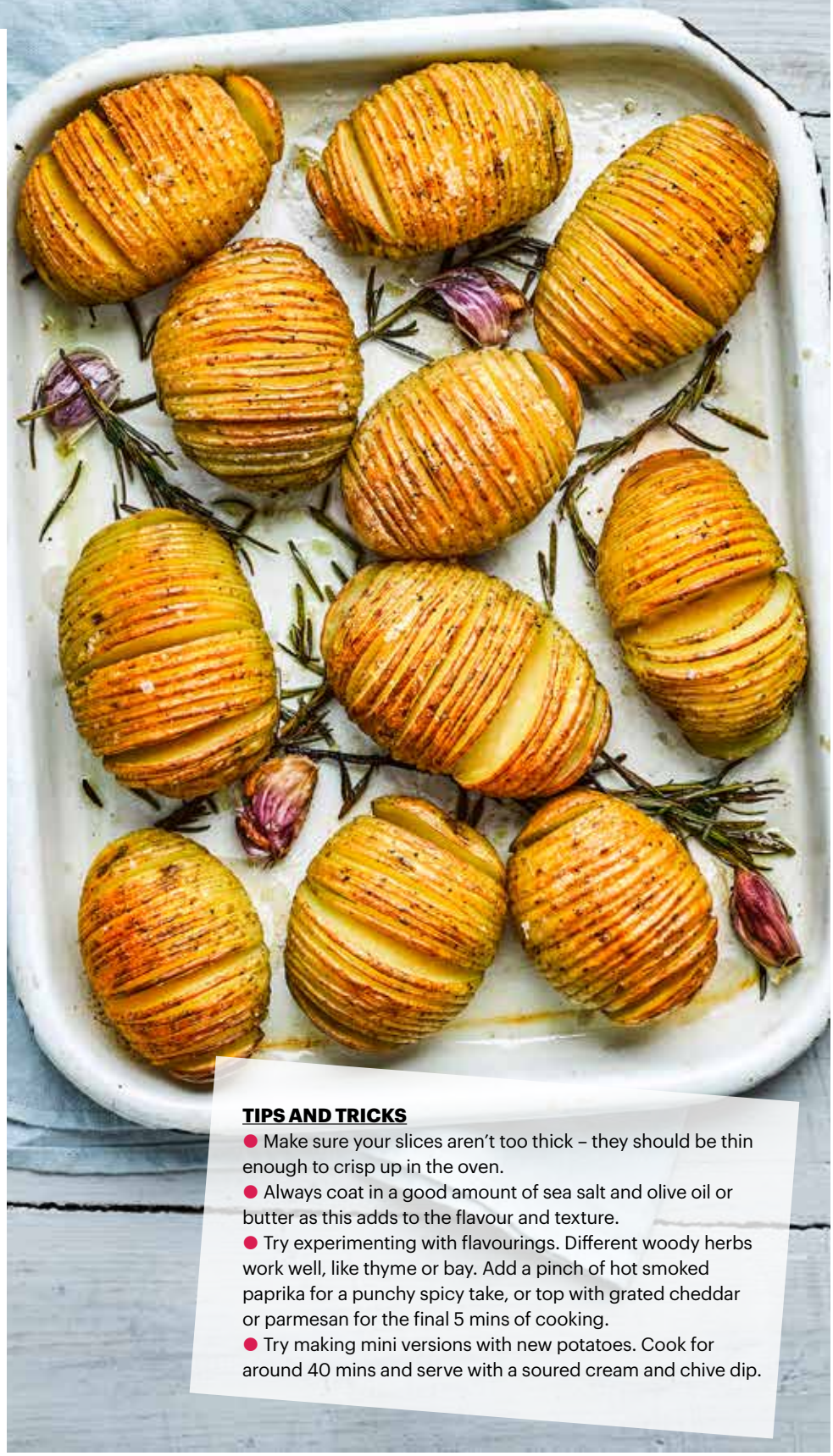
Hasselback potatoes

SERVES 4 **PREP** 15 mins
COOK 1 hr **EASY** V

1.5kg medium-sized floury potatoes (Maris Piper or King Edward work well)
4 tbsp vegetable oil
4 garlic cloves, bashed
a few rosemary sprigs

1 Heat the oven to 200C/180C fan/gas 6. Use a metal skewer and insert along the back of one of the flatter sides of the potato. It should go two-thirds of the way through the potato. Put on a chopping board, with the skewered end closest to the board, and slice through until the knife meets the skewer. You can also clamp each potato between the handles of two wooden spoons, and cut through to the handles, if this is easier for you. A sharp knife will help make slices a few millimetres apart. Remove the skewer and repeat with the remaining potatoes.
2 Put the potatoes cut-side up on a shallow baking tray and drizzle over the oil. Rub the oil in with your hands to coat well, getting some in between the slices. Toss in the bashed garlic, rosemary and some seasoning. Roast for 50 mins-1 hr, basting with oil in the pan halfway through, until the potatoes are tender and crisp on top.

GOOD TO KNOW vegan • gluten free
PER SERVING 394 kcals • fat 12g • saturates 1g • carbs 61g • sugars 4g • fibre 8g • protein 7g • salt 0.1g



TIPS AND TRICKS

- Make sure your slices aren't too thick – they should be thin enough to crisp up in the oven.
- Always coat in a good amount of sea salt and olive oil or butter as this adds to the flavour and texture.
- Try experimenting with flavourings. Different woody herbs work well, like thyme or bay. Add a pinch of hot smoked paprika for a punchy spicy take, or top with grated cheddar or parmesan for the final 5 mins of cooking.
- Try making mini versions with new potatoes. Cook for around 40 mins and serve with a soured cream and chive dip.

Photographs RITA LIPSKIJA/EYEEM/GETTY, ISTOCK/GETTY IMAGES PLUS



MYTH BUSTER

Microwaves

TRUE OR FALSE? COOKING FOOD IN A MICROWAVE WILL DEPLETE ITS NUTRIENTS

HEALTH EDITOR TRACEY RAYE SAYS: All cooking methods reduce the nutrient levels of food due to a variety of factors, such as cooking time, method and temperature. Studies suggest that microwaves actually tend to preserve nutrients comparatively better than boiling or frying. Some quick-cook veg, such as baby carrots, broccoli and green beans, respond well to 'steaming' in the microwave. Try our recipe at *bbcgoodfoodme.com/microwave-honey-fennel-glazed-carrots*.

KITCHEN HACK

Piping bags



If you want to fill a piping bag ahead of time, it's best not to snip off the end to keep it airtight. To get your mixture closest to the tip, twist the base of the bag and swing it around in a circular motion. This way, the mixture will pack together firmly, making it easier to store as well as to pipe out later.

PEANUT BUTTER AND HOT SAUCE

YES, IT WORKS!

We all know how well peanuts and chilli work together in dishes like satay chicken, and this is a quick way to get that savoury spicy fix. Try spreading a thick layer of peanut butter on buttered toast, crackers or crumpets, then drizzle over your favourite hot sauce. The creamy nuttiness backed by a fiery punch is instantly satisfying.



peanut butter

+

hot sauce





The magic of Spain

Myrra's latest offering features Spanish tunes and authentic food to brighten up your Monday

A buzzing Spanish-themed night awaits guests at Myrra, Club Vista Mare, Palm Jumeriah. Make a beeline for this vibrant eatery that boasts exquisite décor elements in every nook and corner, making you feel as though you've been transported to an alley in Spain.

Diners can head to the outdoor terrace for a toes-in-the-sand dining experience, while listening to waves lapping against the shore, or take a seat indoors where the impressive wood-fired oven stuns just about anyone.

The Live Spanish Band Night is back every Monday, re-launching on October 11th with the musical magic of traditional Spanish classics. Live music from the sultry pairing of Giselle and Diego surround you, as you relish the best of Mediterranean cuisine. Carefully curated dishes including fresh seafood, paellas and succulent meats make up the tantalising menu, with highlights such as the Braised lamb shoulder Kleftiko, hearty Moussaka, and a rich Prawn Saganaki, amongst various delectable offerings.

easy

Delicious, simple, and easy-to-make recipes



two ways

■ hot dogs

page 26



1 ingredient – 3 ways

■ fantastic feta

page 28



midweek meals

■ cook in 30 minutes

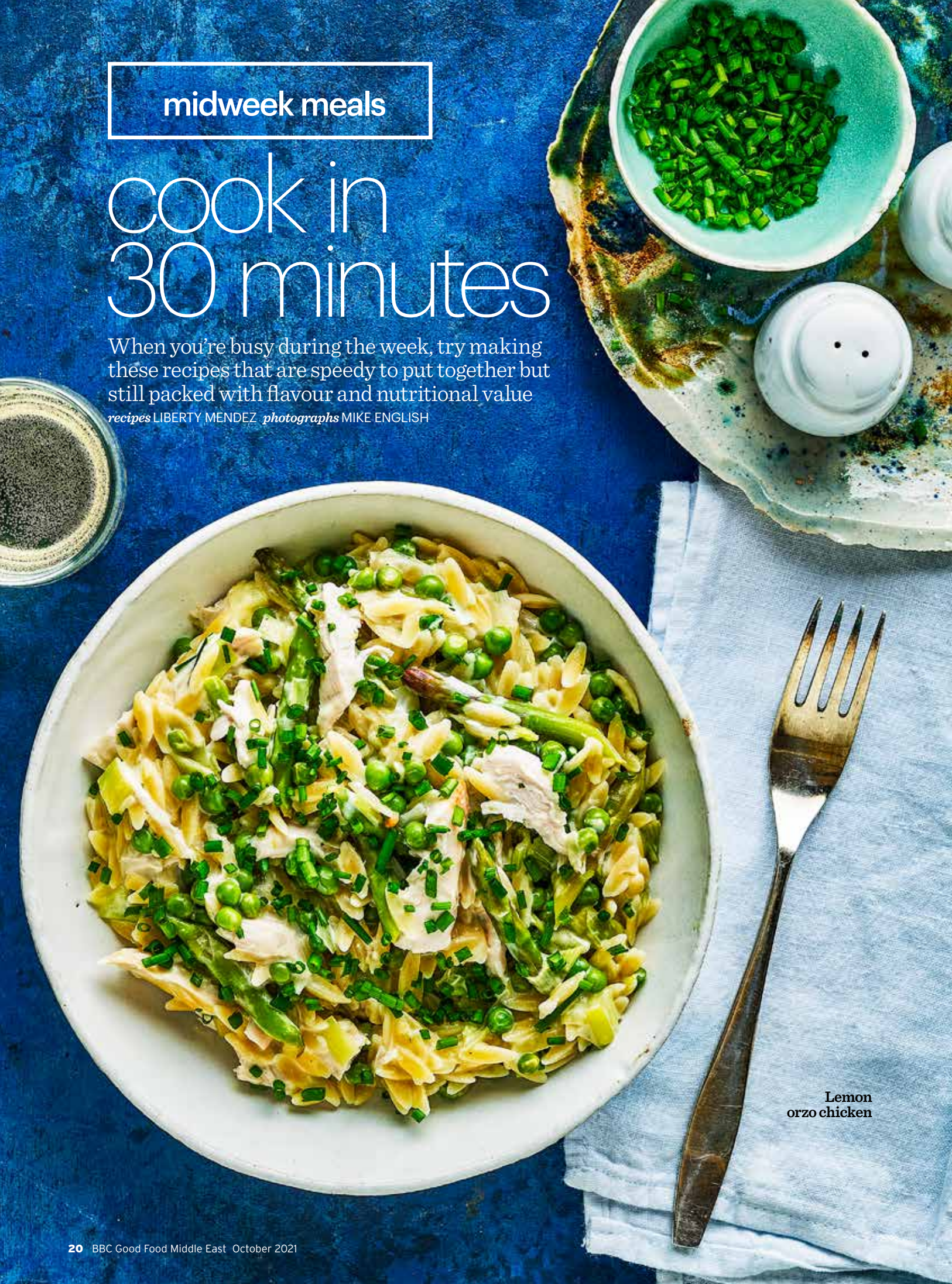
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midweek meals

cook in 30 minutes

When you're busy during the week, try making these recipes that are speedy to put together but still packed with flavour and nutritional value

recipes LIBERTY MENDEZ *photographs* MIKE ENGLISH



Lemon orzo chicken



Smoky tomato gazpacho

your shopping list

◆ Need clever ways to use up surplus herbs, tomato purée and jarred peppers? **Turn to page 38**

FRUIT & VEGETABLES
2 limes
1 lemon
3 leeks
1 small fennel bulb
250g long-stemmed broccoli
6 carrots
200g baby new potatoes
1 thumb-sized piece of ginger
1 red onion
2 large raw beetroot
800g tomatoes
200g cherry tomatoes
200g baby spinach
150g asparagus
250g frozen peas

HERBS & SPICES
½ small bunch each of coriander, mint and chives ◆
1½ small bunches of basil ◆
1 small bunch of parsley ◆
2 tsp fennel seeds
1 tsp dried oregano
1 tsp smoked paprika
1 tsp cumin seeds
½ tsp chilli flakes

STORECUPBOARD
6 garlic cloves
300g orecchiette or any short pasta
1 tbsp tomato purée ◆
½ tbsp honey
400g can chopped tomatoes
400g can cherry tomatoes
2 slices wholemeal bread
jar roasted red peppers ◆
1 tsp caster sugar
1 tbsp chipotle paste
2 tbsp capers
1 tsp Dijon mustard
300g orzo
8 tbsp olive oil
35ml white wine vinegar
500ml low-salt chicken or veg stock
flatbread (optional)

MEAT/FISH
6 sausages
4 skinless white fish fillets
250g cooked chicken

DAIRY
2 tbsp low-fat crème fraîche
4 eggs

BALANCED

Lemon orzo chicken

SERVES 4 **PREP** 4 mins
COOK 18 mins **EASY**

1 tbsp olive oil
2 leeks, halved and finely sliced
300g orzo
150g asparagus, roughly chopped into 4cm lengths
500ml low-salt chicken or vegetable stock
2 tbsp low-fat crème fraîche
1 lemon, zested and juiced
250g cooked chicken, shredded
250g frozen peas
½ small bunch of chives

1 Heat the oil in a pan and fry the leeks for 5 mins over a medium-high heat, adding a splash of boiling water from the kettle halfway through to steam them slightly. Add the orzo, asparagus and stock, and cook for 10 mins over a high heat, stirring continuously.

2 Stir through the crème fraîche, lemon zest, juice, chicken, peas and most of the chives. Season and keep on the heat for 3-4 mins to warm through the chicken, adding a splash of water to loosen if needed. Divide between bowls and top with the remaining chives.

GOOD TO KNOW low fat • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 534 kcals • fat 11g • saturates 3g • carbs 68g • sugars 9g • fibre 10g • protein 35g • salt 0.4g

HEALTHY

Smoky tomato gazpacho

SERVES 4 **PREP** 10 mins
COOK 5 mins **EASY** **V**

2 slices wholemeal bread
½ tbsp olive oil
1 tsp dried oregano
2 garlic cloves
½ small bunch of basil
200g roasted red peppers from a jar
800g tomatoes, roughly chopped
1 tsp caster sugar
1 tsp apple cider vinegar (check the label if vegan)
1 tbsp chipotle paste

1 Blitz the bread in a small food processor until you have large breadcrumbs. Drizzle the olive oil into a frying pan over a high heat, add the breadcrumbs along with the oregano and fry for 4-5 mins until golden brown. Transfer to a plate and set aside to cool.
2 Meanwhile put 300ml water, the garlic, most of the basil, red peppers, tomatoes, sugar, vinegar and chipotle paste in a jug blender. Blitz on a low speed and slowly increase the speed to maximum until you have a smooth gazpacho. Season and chill until ready to serve.

3 Ladle into bowls, sprinkle over the breadcrumbs and scatter over the reserved basil leaves, to serve.

GOOD TO KNOW vegan • healthy • low fat • low cal • vit c • 2 of 5-a-day
PER SERVING 104 kcals • fat 2g • saturates 0.3g • carbs 16g • sugars 8g • fibre 3g • protein 4g • salt 0.2g



HEALTHY

Salsa verde baked eggs

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** **V**

5 tbsp olive oil
1 tsp smoked paprika
1 tsp cumin seeds
400g can cherry tomatoes
200g fresh cherry tomatoes
2 garlic cloves
1 small bunch of parsley
1 small bunch of basil
½ small bunch of mint, leaves picked
2 tbsp capers
1 tsp Dijon mustard
2 tbsp white wine vinegar
200g baby spinach, washed
4 eggs
½ tsp chilli flakes (optional)
flatbreads, to serve (optional)

1 Drizzle 1 tbsp of the olive oil in a frying pan or skillet, and fry the paprika and cumin for 30 seconds over a medium heat. Add the canned tomatoes and fresh tomatoes, bring to the boil, then simmer with a lid on over a medium heat for 5-6 mins until the tomatoes have softened.
2 Meanwhile, put the garlic, most of the parsley, the basil, mint, capers, mustard, white wine vinegar, 4 tbsp oil and 3 tbsp cold water in a mini food processor and blitz to a smooth paste. Season.
3 Stir the spinach into the pan with the tomatoes until wilted (put the lid back on for a few minutes, then stir again to help it wilt). Make four dips in the mixture and gently crack an egg into each one. Cover with a lid and cook over a medium heat for 6-8 mins, or until the eggs are just set. Uncover the pan, then drizzle over the herby sauce. Scatter over the reserved parsley and chilli flakes, if using. Serve with flatbreads.

GOOD TO KNOW healthy • low cal • folate • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 268 kcals • fat 21g • saturates 4g • carbs 7g • sugars 6g • fibre 3g • protein 12g • salt 0.7g



HEALTHY

Roasted cod with zingy beetroot salad

SERVES 4 **PREP** 10 mins
COOK 18 mins **EASY**

200g baby new potatoes, quartered
½ tbsp olive oil
4 skinless cod fillets (or any white fish)
thumb-sized piece of ginger, finely sliced
1 lime, sliced

For the beetroot salad
1 red onion, finely chopped
4 carrots, peeled and grated
2 large raw beetroot, peeled and grated
1 lime, zested and juiced
½ tbsp honey
½ small bunch of coriander, leaves picked

1 Heat the oven to 200C/180C fan/gas 6. Put a pan of water on a high heat. When it boils add the potatoes, then turn the heat down and simmer for 10-12 mins until tender.
2 Meanwhile combine all of the salad ingredients, reserving a little coriander. Season lightly. Once the potatoes are cooked, drain and run under cold water to cool. Drain again and toss through the salad.
3 Rub the oil over the cod fillets, then put on a non-stick baking tray and lay a few ginger and lime slices on top of each fillet. Put in the oven and cook for 6-9 mins, depending on thickness.
4 Divide the salad between four plates, then top with the cod and remaining coriander.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 262 kcals • fat 3g • saturates 1g • carbs 21g • sugars 12g • fibre 6g • protein 36g • salt 0.4g

Shoot director SARAH SNELLING | Food stylist LOTTIE COVELL | Stylist FAYE WEARS

BALANCED

Sausage & fennel orecchiette

SERVES 4 PREP 10 mins
COOK 15 mins EASY

1 leek, halved and finely sliced
1 small fennel bulb, halved and finely sliced, fronds reserved
250g long-stemmed broccoli, larger stalks finely sliced
300g orecchiette or any short pasta
1 tbsp olive oil
6 sausages
2 garlic cloves, finely chopped
2 tsp fennel seeds
1 tbsp tomato purée
2 carrots, grated
400g can chopped tomatoes

1 Boil a large pan of salted water, turn the heat down to medium, then add the leek, sliced fennel and broccoli, and simmer for 3 mins until tender. Lift the veg out of the water using a slotted spoon, drain and set aside. Keep the pan of water on the heat, add the orecchiette and cook for around 11 mins, or until tender but still retaining some bite.
2 Meanwhile, put a large frying pan over a high heat, add the olive oil and squeeze the sausagemeat out of the skins, tearing it into small pieces in the pan using a wooden spoon. Fry for 3-4 mins until golden brown and almost cooked, then add the garlic, fennel seeds and tomato purée, and fry for 30 seconds until aromatic. Add the blanched veg and grated carrot, and cook for another 4 mins. Tip in the tomatoes, bring to the boil, then simmer for around 4 mins until reduced slightly.
3 Drain the pasta, reserving a cup of pasta water, and toss the pasta in the pan with the sausage and tomato sauce, adding a splash of pasta water to loosen. Season and serve with the reserved fennel fronds scattered over the top.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day
PER SERVING 527 kcals • fat 19g • saturates 6g • carbs 62g • sugars 11g • fibre 8g • protein 21g • salt 1.0g

two ways

hot dogs

Two members of our cookery team bring you different versions of this staple

recipes BARNEY DESMAZERY *and* CASSIE BEST *photograph* TOM REGESTER



The classic hot dog gets a plant-based makeover with a vegan sausage and pineapple salsa. But, this zingy topping tastes just as good on standard hot dogs, too.

For an extra touch, add a spoonful of sauerkraut to your hot dog. It's tangy and a bit sour, which helps keep the taste of the other toppings (and the salty, fatty hot dog) in check.

Shoot director JACK HUNTLEY | Food stylist ELLIE JARVIS | Stylist HANNAH WILKINSON

Tropical vegan hot dogs

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** **V**

4 vegan frankfurters
4 hot dog buns, split (ensure vegan, if needed)
sriracha, to serve
For the salsa
2 slices prepared pineapple or 200g fresh pineapple chunks
1 small red onion, trimmed and halved
1 green chilli
½ lime, juiced
small handful of coriander leaves

1 Light a barbecue and wait until the coals are ashen, set a gas barbecue to medium, or heat a griddle pan over a medium-high heat. To prepare the salsa, cook the pineapple, onion halves and the chilli for 5-10 mins, turning, until charred. Remove everything to a board and leave to cool, then chop the pineapple and veg (you can roughly or finely chop, depending on your preference). Tip into a bowl, season with salt, then stir in the lime juice and coriander. Set aside.
2 Grill or griddle the frankfurters for 10-15 mins, turning until there are char marks on all sides and they begin to blister and sizzle. If you have space on the grill or in the griddle pan, toast the cut side of the buns at the same time. If not, do this after the frankfurters are cooked, but watch the buns carefully as they will be toasted in less than a minute.
3 Serve the pineapple salsa in a bowl alongside the frankfurters, buns and sriracha and let everyone build their own dogs. Alternatively, stuff the buns with the frankfurters, spoon over the salsa and drizzle with the sriracha.

GOOD TO KNOW vegan • low fat • low cal
PER SERVING 231 kcals • fat 5g • saturates 2g • carbs 36g • sugars 9g • fibre 4g • protein 9g • salt 1.3g

barney

Once I've lit my barbecue for the first time, I look for ways to get the most out of it and impart smoky flavour on anything I can. So, forget how you might feel about pineapple on pizza – when it's caramelised over coals and turned into the sharp, sweet, smoky salsa that I pile onto my hot dogs, you'll see that this tropical fruit isn't just for dessert. The hot dogs are plant-based, too, so as well as being vibrant and delicious, this recipe is for everyone to enjoy.
Barney Desmazery, skills & shows editor

NYC-style hot dogs with street-cart onions

MAKES 4 **PREP** 10 mins
COOK 20 mins **EASY**

4 large frankfurters
4 hot dog buns, split
sauerkraut, to serve
For the caramelised onions
1 tbsp vegetable oil
2 large onions, halved and sliced
¼ tsp ground cinnamon
large pinch of chilli powder
2 tbsp honey
2 tsp American-style mustard, plus extra to serve
2 tsp ketchup, plus extra to serve
2 tsp tomato purée
2 tsp white wine vinegar
1 tsp Worcestershire sauce

1 First, make the onions. Heat the oil in a frying pan over a low-medium heat and cook the onions for 10-12 mins until golden and slightly charred in spots.
2 Stir in the cinnamon, chilli powder, honey, mustard, ketchup, tomato purée, vinegar, Worcestershire sauce, 2-3 tbsp water and a pinch of salt. Simmer for 1-2 mins until the onions are saucy, adding a splash more water if they seem dry. Taste and add a little more chilli powder, mustard or a pinch of sugar, if you like. Keep the onions warm if you're serving straightaway or cool and chill. *Will keep in an airtight container in the fridge for up to five days. Reheat over a low heat before serving, adding a splash of water to loosen as needed.*
3 Light a barbecue and wait until the coals are ashen, set a gas barbecue to medium or heat a griddle pan over a medium heat. Alternatively, bring a pan of water to a simmer. Cook the frankfurters for 15 mins on the barbecue or in a griddle pan until charred, or for 8 mins in a pan of simmering water. If using a barbecue, warm the buns over the coals, if you like. Spoon a little sauerkraut into each bun, top with a frankfurter and spoon over the onions. Drizzle over some extra mustard and ketchup.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 402 kcals • fat 20g • saturates 6g • carbs 39g • sugars 20g • fibre 4g • protein 14g • salt 2.1g

cassie

When it comes to hot dogs, I keep things simple. For the 'dog' itself, it has to be a frankfurter. You can cook them in lots of different ways, but I like warming them gently in a pan of simmering water to keep them juicy and prevent the skins from splitting. Toppings-wise, caramelised onions, ketchup and American mustard are a must for me. When a friend made me her New York-style hot dogs with street-cart onions, it was love at first bite. The onions are the star, cooked with honey, hot mustard and warming cinnamon and chilli. Sauerkraut is optional, but I think, essential to balance the fatty sausages and sweet, spicy sauce.
Cassie Best, food director

1 ingredient – 3 ways

fantastic feta

Chef, cookery teacher and food writer **Melek Erdal** shares recipes using the versatile Greek cheese that's also popular in Turkey where she was born

photograph KIM LIGHTBODY



I've recently discovered upon doing some research that feta, like champagne, has a PDO (Protected Designation of Origin) for Greece. Across the wider Mediterranean, Middle East and Balkan regions, it is known as 'white cheese', its resilience and wide use being testament to its versatility.

I remember my mum mashing up feta with baby biscuits, milk, eggs and a drizzle of tea for nutritious baby food. The cheese was always on the breakfast or lunch table, served with slices of watermelon and crusty white bread. If you had no time or nothing to eat, you'd still have white cheese, black olives and sesame bread with a strong black tea, or 'çay' (chai).

In my mother and father's village, my grandmother made lavash bread on the 'saj', a concave iron stove on the fire. We'd put chunks of freshly churned butter in the bread and crumble in a version of white cheese, then roll the bread up and have this with strong sweet tea for breakfast.

With its balance of sour acidity and moreish creaminess, it has an umami that can be utilised in a range of dishes – whizzed into salad dressings or even whipped for desserts, like a heightened soft cheese in a jazzed-up sundae. Due to its soft texture, I often use it in bakes, because it acts much like yogurt as a raising agent. But it's also great just whisked with eggs to make the fluffiest omelettes. My fridge is never without feta, a trusted friend.



Istanbul-born Kurdish chef Melek grew up in north-east London. Inspired by the food of her roots, she opened her own café in 2013. Since then, she's taught and written about food, culture and identity. Recently, she's worked with food charities Made in Hackney and The Felix Project.
@mels_place_east



Baked mücver (courgette & feta bake)

Baked mücver (courgette & feta bake)

Courgette fritters, or mücver, are a classic dish in the eastern Mediterranean, often served with garlic yogurt. Here, I've turned the fritters into a large bake – it's easier to cook, more substantial and can be served as lunch with a side salad and garlic yogurt. The outcome should be like a cross between a beautiful, fluffy crustless quiche and a frittata. One of my favourite dishes, it's a great way to use up leftover cheese and vegetables. The recipe is forgiving, and so you could easily grate in carrots or use spinach and cheddar instead. You can also use a gluten-free flour, if you like.

SERVES 6 **PREP** 25 mins
COOK 40 mins **EASY** V

2 courgettes (about 325g)
2 spring onions, finely sliced
½ small bunch of parsley, finely chopped
½ small bunch of mint, finely chopped
½ small bunch of dill, finely chopped, plus extra to serve
4 eggs
75g grated halloumi
100g crumbled feta
2 garlic cloves, grated
4 tbsp olive oil, plus extra for the tin
80g plain flour
1 tsp baking powder
1 tbsp toasted sesame seeds, plus extra to serve
1 tbsp nigella seeds, plus extra to serve

1 Heat the oven to 200C/180C fan/gas 6. Coarsely grate the courgettes into a clean tea towel, wrap and squeeze out all of the excess liquid. Tip into a colander then set aside to drain completely. Meanwhile, tip all of the remaining ingredients into a large bowl. Add the drained grated courgettes, season and mix.
2 Line a roughly 25-26cm round ovenproof dish or cake tin with baking parchment and drizzle with the extra olive oil to cover the surface. Heat the dish in the oven for 5 mins.
3 Carefully remove the dish from the oven and pour the courgette mixture over the hot oil (this will ensure the mixture browns on the bottom). Sprinkle with the extra sesame and nigella seeds and bake for 35 mins until golden brown on top. Leave to rest for at least 20 mins before serving scattered with more dill.

GOOD TO KNOW **calcium • vit c**
PER SERVING **285 kcals • fat 20g • saturates 7g • carbs 12g • sugars 2g • fibre 2g • protein 13g • salt 1.1g**

Feta & roasted tomato shakshuka

Here's a classic dish with some special extras. I always roast my tomatoes when making shakshuka, which adds a beautiful depth and also means it takes much less time to cook the base. Stale bread is a great addition as it soaks up all the flavours and means you can utilise leftover bread. If you don't have stale bread, just tear up pieces of bread and bake at 180C/160C fan/gas 4 for 5 mins before making the shakshuka. I love sourdough or seeded bread in this dish.

SERVES 4-6 **PREP** 15 mins
COOK 40 mins **EASY** V

6 medium tomatoes, halved
2 tsp olive oil, plus a drizzle
1 red onion, finely chopped
8 padron peppers or 2 green sivri peppers (or use 1 green pepper if these aren't available), sliced into rounds
2 tsp pul biber (aleppo chilli flakes), plus a pinch to serve
handful of wild garlic or spinach
100g stale bread of your choice, torn into bite-sized pieces
3 eggs
100g feta
50g halloumi

1 Heat the oven to 200C/180C fan/gas 6. Arrange the tomatoes cut-side down in a roasting tin, drizzle with some olive oil and season. Roast for 20 mins. Set aside to cool.
2 Meanwhile, cook the onions in a medium ovenproof frying pan with the 2 tsp olive oil over a medium heat until they start to caramelise, about 8 mins.
3 Once the onions have softened, add the peppers and season with salt, pepper and the pul biber. Peel the skins from the roasted tomatoes, then add these to the pan of onions and peppers along with all the resting juices.
4 Crush the tomatoes roughly with a wooden spoon and cook for 5 mins over a medium-high heat. Add the wild garlic or spinach and wilt for a minute, then remove from the heat. Tuck the bread pieces in amongst the mixture, then create three gaps for the eggs using the spoon. Crack the eggs into the gaps, crumble over the feta and grate over the halloumi. Drizzle with some extra olive oil and sprinkle with a pinch of pul biber.
5 Turn the oven down to 160C/140C fan/gas 3 and bake the shakshuka for 12-15 mins. The eggs should be cooked but runny in the middle, and the feta, halloumi and bread should be crisp and golden.

GOOD TO KNOW **vit c • 1of 5-a-day**
PER SERVING **(6) 186 kcals • fat 10g • saturates 5g • carbs 13g • sugars 5g • fibre 3g • protein 11g • salt 1g**

gf tip
You can make the roasted tomato base ahead up to the middle of step 4, just before adding the eggs. Leave to cool completely, then tip into a freezerproof container and freeze for up to three months. Defrost completely in the fridge before continuing with the recipe.





Feta, herb & spring onion borek

Try this classic borek with a tasty filling that doesn't require cooking in advance. I'm also sharing with you an age-old secret sauce that's brushed between the filo sheets to ensure the pastry puffs up.

SERVES 6 **PREP** 30 mins
COOK 30 mins **EASY** V

270g filo pastry
1 tbsp olive oil, plus extra for brushing
2 egg yolks (freeze the whites for another recipe)
a pinch each of nigella and sesame seeds, to serve

For the borek filling
250g feta
1 green bird's-eye chilli, finely chopped
3 medium spring onions, finely chopped
handful each of coriander, mint and dill, finely chopped
6 tbsp olive oil

For the borek sauce
1 egg, beaten
50ml olive oil
70ml milk

1 Heat the oven to 200C/180C fan/gas 6. Prepare the filling first. Mash the feta in a bowl with the back of a fork. Add the chilli, spring onions, herbs and olive oil, then mix everything well using the fork.
2 For the sauce, whisk the beaten egg with the olive oil and milk in a small bowl until fully combined.
3 Lay the filo sheets on a clean work surface and cover with a clean, damp cloth to ensure they don't dry out as you work. Brush the base of a shallow 20cm round ovenproof dish with some olive oil.
4 Layer six sheets of filo in the bottom of the dish, overlapping them by about 45 degrees and fanning them out, also ensuring that half of each sheet covers the base while the other half overhangs the dish. Between each addition, liberally brush the sheets with the sauce. The entire base should be covered with the filo, and the filo generously basted in the sauce.
5 Tip in all the filling, then fold the overhanging filo over the filling to enclose it, brushing the sheets with more sauce as you do. Cover the top with a final sheet of filo, but don't brush this with the sauce.
6 Whisk the egg yolks with the 1 tbsp olive oil and brush this on top of the borek. Sprinkle with the sesame and nigella seeds and bake for 30 mins until golden brown.

GOOD TO KNOW calcium
PER SERVING 446 kcals • fat 32g • saturates 10g • carbs 27g • sugars 2g • fibre 2g • protein 13g • salt 1.5g

Shoot director CLOE-ROSE MANN | Food stylist ELLIE MULLIGAN | Stylist MAX ROBINSON









THEMED DINING

Make your way to the Great British Restaurant on the iconic Palm Jumeirah and indulge in your favourite cuisine

Themed dinners are a great way to explore the finest specialities a cuisine has on offer. Whether you're looking for a venue to celebrate a special occasion or a catch-up dinner with friends and family, discover cuisines from across the globe with a new theme every evening at the open-plan Great British Restaurant.

This inviting, all-day dining restaurant at Dukes The Palm, a Royal Hideaway Hotel serves traditional food that's big on flavour. A celebration of classic British cuisine, guests can head to the venue on Sundays, to sing along to tunes from the live band while tucking into traditional Roasts with trimmings, Fish and chips, indulgent Sticky toffee pudding and everything in between.

Thursday nights showcase the best of Mediterranean cuisine with an assortment of salads, mains and decadent desserts to suit all tastebuds. On Saturdays, Great British Restaurant (GBR) showcases the best of Arabic dishes including mezze, salads, succulent Lamb chops, grills, and plenty more.

Daily from 7pm to 10:30pm. AED 160 per person (for food buffet only). Children between 6-12 years old dine at 50% off, while those below 5-years-old dine free of charge. Contact +9714 455 1101 or visit https://www.offers.dukesthepalm.com/great-british-restaurant/

frozen assets

coconut dhal

Barney Desmazery serves this vegan dish on its own and freezes the leftovers to be used as the base for a quick-fix curry ***photograph*** MIKE ENGLISH



One-pan coconut dhal

For me, this recipe ticks so many boxes. It's the most comforting vegan meal, all made in one pan, and though I could happily sit and demolish a panful with a spoon just as it is, I also use it as a base to make other curries. Sometimes I'll simply wilt a few handfuls of spinach through it to keep it vegan, but diced raw chicken or raw prawns can be cooked in it, too.

SERVES 4 PREP 10 mins
COOK 45 mins EASY V ❄

300g red lentils
2 tbsp sunflower oil, plus extra for drizzling
2 onions, finely sliced
4 garlic cloves, crushed or finely chopped
thumb-sized piece of ginger, finely chopped
5 curry leaves (optional)
1 tsp mustard seeds
1 tsp cumin seeds
1 tsp coriander powder
1 tsp turmeric
1 dried red chilli, left whole
1 tbsp tomato purée
400g can coconut milk
coriander leaves, sliced ginger and sliced green chilli, to serve

1 Rinse the lentils until the water runs clear, then drain. Heat the oil in a large, shallow pan and cook the onions over a low heat for 10 mins until starting to brown, adding more oil if the pan looks dry. Add the garlic and ginger and cook for another 30 seconds. Scatter in the curry leaves, if using, and all the spices and cook for a few minutes more, then stir in the tomato purée and cook for a minute longer.
2 Stir in the lentils, ensuring they're well coated in the spices, then pour over the coconut milk and 850ml water. Bring to the boil, stirring occasionally, then simmer for about 30 mins until the lentils are soft and soupy. Scoop out the whole chilli and discard, then season generously with salt. *The dhal can now be left to cool, then frozen in portions, or as one batch in a large plastic container. Defrost completely before reheating in a pan over a low heat, adding more water to loosen if needed.*
3 Serve with a sprinkling of the coriander, sliced ginger and chilli, and drizzle with a bit more oil.

GOOD TO KNOW vegan • fibre • iron • 2 of-5-a-day gluten free
PER SERVING 531 kcals • fat 24g • saturates 15g • carbs 51g • sugars 8g • fibre 10g • protein 22g • salt 0.1g

TWIST IT

- **SPINACH & COCONUT DHAL** *Keep things vegan by simply wilting a couple of handfuls of washed spinach leaves through the simmering dhal a few minutes before serving.*
- **PRAWN & LENTIL COCONUT CURRY** *Add a large handful of prawns (defrosted if frozen) 5 mins before serving. If using raw prawns, simmer until they change colour and are cooked through. If adding cooked prawns, simply heat through.*

Shoot director RACHEL BAYLY | Food stylist KATIE MARSHALL | Stylist FAYE WEARS



REHEATING FROM FROZEN

If you've forgotten to take the dhal out of the freezer, you can gently reheat it as a frozen block either in the microwave or in a pan with 100ml water, covered, on a low heat. Break it down with a wooden spoon as it defrosts.

MAKE IT LIGHTER

We've used full-fat coconut milk for richness, but low-fat coconut milk will work just as well and if you don't have any coconut milk at all, simply use 400ml more water and you'll still have a delicious dhal.

weeknight pudding

sunshine sponge

If you thought sponge pudding was just for winter, think again – here, we give it a tropical upgrade

recipe LIBERTY MENDEZ *photograph* YUKI SUGIURA





Passion fruit & lemon self-saucing pudding

Nothing screams summer like the sweet yet tart flavours of passion fruit and lemon. This punchy pud is the ideal weeknight treat for fall too, as it's quick to make and creates its own saucy layer while it bakes. Serve with a scoop of vanilla ice cream for a contrast of warm and cool.

SERVES 8 **PREP** 15 mins
COOK 40 mins **EASY** V

100g unsalted butter, melted and cooled slightly, plus extra for the baking dish
275g self-raising flour
1 tsp baking powder
150g golden caster sugar
2 lemons, zested
200ml whole milk
3 large eggs
1 large passion fruit, halved and pulp scooped out
vanilla ice cream, to serve

For the sauce
100g light brown soft sugar
2 lemons, juiced
2 large passion fruits, halved and pulp scooped out
4 tbsp lemon curd

1 Heat the oven to 180C/160C fan/gas 4 and butter a deep baking dish (about 20 x 30cm and 5cm deep). Tip the flour, baking powder, sugar, lemon zest and a pinch of salt into a large bowl. Put the melted butter, milk, eggs and passion fruit pulp in a jug and whisk together. Pour the wet ingredients into the dry and mix together using a spatula until you have a smooth batter. Pour the batter into the prepared dish.
2 For the sauce, whisk the sugar, lemon juice, passion fruit pulp and lemon curd together in a heatproof bowl with 300ml boiling water from the kettle. Carefully pour the sauce directly over the batter in the dish, then bake for 40-45 mins until the top is set and golden, and the sauce is bubbling up at the edges. Serve warm with vanilla ice cream.

PER SERVING 416 kcals • fat 14g • saturates 8g • carbs 63g • sugars 37g • fibre 3g • protein 8g • salt 0.6g

gf twist

RASPBERRY & LEMON PUDDING
Swap the passion fruit pulp in the batter for **100g raspberries**. For the sauce, blitz another 100g raspberries to a purée in a blender, strain through a fine mesh sieve and use in place of the passion fruit.

Shoot director SARAH SNELLING | Food stylist ESTHER CLARK | Stylist MAX ROBINSON



reduce waste

use your leftovers

Make the most of any surplus ingredients using these quick and clever ideas



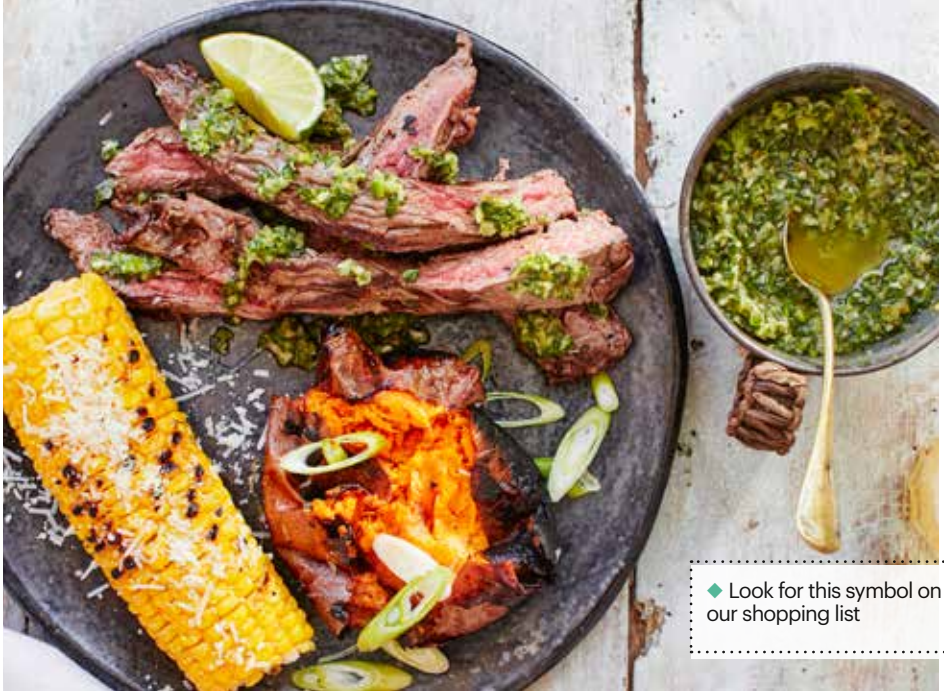
2 WAYS

Raspberry ripple ice cream

If you've made our raspberry ripple ice cream (recipe on bbcgoodfoodme.com), there are many ways you can serve it. Raspberries pair beautifully with lemon, so try a scoop with a wedge of lemon drizzle or lemon polenta cake. Or try the following recipe ideas:

• Raspberry milkshake
Put scoops of the **ice cream** in a blender with fresh **raspberries**, **whole milk** and a little **honey**, then blitz together until thick and fully combined.

• Rasberry shortbread sundae
Drizzle any surplus **raspberry purée** around a sundae glass, add scoops of **ice cream** and top with crushed **shortbread biscuits**, more raspberry purée, **fresh berries** and **whipped cream**.



◆ Look for this symbol on our shopping list

MIDWEEK MAGIC

Transform basic ingredients that you may have in excess after using our shopping list

MAKE MORE OF

◆ soft herbs

If you've got several partial bunches of soft herbs, use them in these simple recipes before they start to go past their prime

Chimichurri

Roughly chop soft herbs (**coriander**, **parsley** and **mint** work well) and mix with finely chopped **green chillies**, chopped **onion**, a splash of **white** or **cider vinegar** and a drizzle of **olive oil**. Serve as part of our bavette with chimichurri sauce dish, pictured above (you can find the recipe on *bbcgoodfoodme.com*).

Salsa verde

Roughly tear soft herbs (**parsley**, **mint**, **basil** and **chives** work well) into a mini food processor, then add **Dijon mustard**, **capers**, **1-2 anchovies**, a squeeze of **lemon** and a drizzle of **olive oil**. Blitz briefly until you have a chunky dressing.

Pesto

Pound **1 garlic clove** and **a few nuts** (pine nuts, cashews, walnuts or almonds all work) using a large mortar and pestle, then pound in handfuls of soft herbs (**basil** is the classic choice, but any soft herb will do) to make a rough paste. Add some grated **parmesan**, then loosen everything with **olive oil**.

Herb salad

As well as being used to flavour dishes, soft herb leaves can be used to make a fragrant side salad. Toss together some **parsley**, **mint** and snipped **chives** to serve alongside grilled fish, or a mixture of **basil**, **coriander** and **mint** to go with chicken or seafood mains.

WHAT TO DO WITH

◆ 150g jarred peppers



Romesco

Blend the peppers with **1 garlic clove**, a **handful of almonds**, **2 tbsp red wine vinegar**, a **large pinch of smoked paprika** and **50ml olive oil** to a thick paste. Use as a dip for veg crudités or toss with pasta.

Easy shakshuka

Slice the peppers and mix with **400g can chopped tomatoes** and **400g can chickpeas**, drained. Tip into a frying pan, bring to a simmer and crack two **2 eggs** over the top. Simmer for a few minutes until the eggs are set to your liking, then scatter with **coriander**.

Quick pepper bruschetta

Slice the peppers, pile onto griddled **toast** and scatter with crumbled **feta** or shaved **parmesan**.



HOW TO USE

◆ tomato purée

Here are some clever ways to use up that tube of tomato purée that's been lurking at the back of your fridge.

- **Pizza-style toast** Spread a slice of **bread** with tomato purée, top with **cheese**, **halved cherry tomatoes** and a **sprinkling of oregano**, then flash under a hot grill.
- **Cheat's rouille** Mix a squeeze of tomato purée with **mayonnaise**, **chilli sauce**, crushed **garlic** and a drop of **lemon juice** for a quick dip.
- **Quick harissa** Blend chopped **red chillies** with tomato purée and a pinch of **ground cumin**.
- **Gravy booster** Stir a little tomato purée into the roasting tin when making gravy before adding the flour.

BBC goodfood & SUSTAINABILITY

At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

Tonight's special

Get this juicy steak dinner on the table in only 15 minutes

recipe CASSIE BEST
photograph TOM REGESTER

Steak tagliata with lemony lentils

SERVES 2 PREP 10 mins
COOK 5 mins EASY

1 large or two smaller sirloin steaks (or your choice of steak), about 300g
250g pouch of cooked puy lentils
2 tsp vegetable oil
1 lemon, halved
2-3 roasted red peppers from a jar, torn into smaller pieces
2 large handfuls of rocket
2 tsp red wine vinegar
2 tbsp extra virgin olive oil
25g parmesan

1 Take the steak out of the fridge an hour before you want to cook it.

2 Heat a frying or griddle pan until it's smoking hot. Meanwhile, warm the lentils following pack instructions, then tip them onto a big plate or platter to cool a little. Rub the oil over the steak and season generously, then put in the hot pan. Cook to your liking (rare to medium-rare works well for this dish and will take around 2 mins on each side, or a little longer if the steak is particularly thick). Transfer to a plate and leave to rest for a few minutes, loosely covered with foil.

3 Put one lemon half in the pan, cut-side down, and char it over a high heat for a minute – this will make it extra juicy. Scatter the peppers and rocket over the warm lentils, drizzle with the vinegar and extra virgin olive oil and season with salt. Toss together lightly using your hands.

4 Slice the steak as thinly as you can and arrange it over the top of the salad. Cut thin shards of parmesan straight from the block, crumble them a little in your hands, then scatter over the top. Serve the lemon on the side for squeezing over.

GOOD TO KNOW calcium • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 626 kcals • fat 33g • saturates 11g • carbs 28g • sugars 2g • fibre 10g • protein 50g • salt 0.4g

Shoot director JACK HUNTLEY | Food stylist ELLIE JARVIS | Prop stylist HANNAH WILKINSON

WEEKEND

Mouthwatering dishes to dig into with your family and friends



WEEKEND BAKE

It's our Birthday!, p42



NEW WAYS FOR SATURDAYS

Autumn slow-roast, p50



CASSIE'S SIMPLE SOLUTIONS

Halloween treats, p56

SEASONAL

SUMMER TURNS TO AUTUMN, p44



gf

WEEKEND BAKE

IT'S OUR BIRTHDAY!

Make this beautiful rainbow layer cake and share your bake on social media. Don't forget to tag @bbcgoodfoodme

recipe LIBERTY MENDEZ *photograph* HAYLEY BENOIT

Rainbow cake

SERVES 12-14 **PREP** 1 hr 45 mins plus at least 1 hr 30 mins chilling **COOK** 20 mins **MORE EFFORT** V

340g unsalted butter, softened, plus extra for the tins
340g caster sugar
6 eggs
1 tsp vanilla extract
340g self-raising flour
1 tsp baking powder
2 tbsp milk
400g caramel or lemon curd

For the Swiss meringue buttercream

5 egg whites
375g caster sugar
500g unsalted butter, cubed and softened
3 tsp vanilla extract
food colouring gels (red, orange, yellow, green, dark blue, purple, light pink, baby blue, brown and black)

1 Butter three 20cm round cake tins and line their bases with baking parchment. Heat the oven to 190C/170C fan/gas 5. Beat the butter and sugar together in a large bowl until light and smooth. Gradually beat in the eggs until combined, then mix in the vanilla. Fold in the flour and baking powder until fully combined. Stir in the milk to loosen.

2 Divide the mixture between the three tins and bake the sponges for 20 mins until golden and a skewer inserted into the centre of each cake comes out clean. Leave to cool in the tins for 10 mins, then transfer to a wire rack to cool completely.

3 Meanwhile, make the Swiss meringue buttercream. Put the egg whites and sugar in a heatproof bowl set over a small pan of gently simmering water, ensuring the bowl doesn't touch the water. Whisk for 3-4 mins until the sugar dissolves. Remove from the heat and tip the mixture into the bowl of a stand mixer (or use an electric whisk) and whisk for 10 mins on a medium-high speed until you have a thick meringue. Gradually whisk in the softened butter, 1 tbsp at a time, until fully incorporated and the buttercream is fluffy. Mix in the vanilla extract.

4 Put one of the sponges on a plate or cake stand, top with 3-4 tbsp of the buttercream and spread out so that it's thicker at the edge. Add half of either the caramel or lemon curd and spread this over the icing on the middle part of the cake, but don't spread to the edges. Top with the next sponge and repeat, then top with the final sponge. Smooth a thin layer of the buttercream around the cake – this is called a crumb coat. Chill in the fridge for at least 45 mins, then smooth another layer of buttercream around the cake using a palette knife to fully cover the sponge, reserving half for decoration. Put the cake and reserved buttercream back in the fridge for another 45 mins-1 hr.

5 Divide the remaining buttercream between 11 small bowls and mix a different gel colouring (see tip, right) into 10 of them, leaving the last bowl white. Use a different piping bag for each colour, either cutting a 1cm hole in the end or applying a round nozzle.

6 Pipe one row of buttercream blobs in alternating colours from the top to the bottom of the cake, then use a teaspoon or small palette knife to lightly smear each blob of frosting away from you. For the second row, choose the colour that's next in sequence to start, piping over the thinnest part of that smeared blob. As you continue to pipe around the cake following this pattern, you will create a swirl effect.

7 Continue the previous piping method in a circle on top of the cake, but this time smearing the icing in towards the middle of the cake until the top is covered. It's now ready to slice and serve. *The cake will keep in an airtight container for up to three days.*

PER SERVING (14) 866 kcals • fat 54g • saturates 33g • carbs 85g • sugars 67g • fibre 1g • protein 9g • salt 0.5g

gf tip

GEL COLOURS

Instead of buying all of the gel colourings, you can buy the primary colours (plus black and brown) and make the other shades by mixing them.



Shoot director JACK HUNTLEY | Food stylist ELLIE MULLIGAN | Stylist ROB MERRETT



SEASONAL

SUMMER TURNS TO AUTUMN

Figs, plums and cavolo nero shine in these recipes from **Esther Clark**, plus learn how to grow your own with tips from **Emma Crawforth** of BBC Gardeners' World *photographs* YUKI SUGIURA

Figs are at their best at the end of summer, when they're plump, slightly squishy and hanging loosely from the tree. The flesh is sweet, sticky and delicious in all types of dishes. Poach them in masala with a sabayon cream, roast and churn pieces through ice cream or pair with salty cured meats and cheeses. I also love figs with burrata piled on toast with along with ribbons of prosciutto. If you cant get burrata, a good-quality mozzarella or fontina cheese will do the trick.

In the UK, plums are in season from May to October, but by the end of the warmer months, they're ready to be baked into one of my favourite treats of all time: ricotta cake. Sharp plums and a buttery ricotta sponge combine to make a delicate pudding. Roast a double batch of plums as described in step 1 of the recipe, then enjoy the leftovers with granola or porridge. They freeze well, too, for when the fruit trees are bare.

One of the unsung heroes of the vegetable patch is cavolo nero, otherwise known as 'Italian kale', a dark green leafy vegetable that's rich in iron with a deep, mature cabbage-like flavour. It can be fried in olive oil with garlic and chilli, then tossed through pasta, like many other greens. Its most-famous use is in ribollita, a bread, tomato and kale stew from Tuscany (try my take on the traditional recipe). It's light yet rich and comforting, ideal for this season. As well as being easy to make, the ingredients are relatively inexpensive and the perfect way to use up a glut of cavolo nero if you grow your own.



Before becoming deputy food editor, Esther trained at Leiths School of Food & Wine, then worked as a chef in Italy. She loves to cook for friends at home, and particularly enjoys creating recipes using new ingredients and seasonal produce. @esthermclark



Fig, burrata & prosciutto tartine

Fig, burrata & prosciutto tartine

Use larger slices of sourdough in this recipe for an impressive-looking lunch or starter.

SERVES 4 **PREP** 5 mins
COOK 5 mins **EASY**

4 slices of sourdough
olive oil, for drizzling
2 tbsp fig chutney
2 x 100g balls burrata, drained
8 slices of prosciutto or parma ham
4-6 ripe figs, roughly torn or halved
handful of thyme or oregano, leaves picked
balsamic vinegar, to serve

1 Heat a griddle pan over a high heat or heat the grill to high. Drizzle each side of the bread with a little olive oil, then toast in the pan or under the grill for 2 mins on each side until golden brown.
2 Spread the fig chutney over the toasted bread. Tear or chop the burrata into chunky pieces and arrange these on the toast, create little nests of prosciutto on top, then add the fig pieces. Sprinkle with the thyme, then drizzle with more olive oil and a little balsamic vinegar.

GOOD TO KNOW folate • fibre • iron
PER SERVING 519 kcals • fat 19g • saturates 9g • carbs 64g • sugars 31g • fibre 7g • protein 19g • salt 2.3g

Tuscan-style ribollita

Traditionally this thick, chunky stew was a way of using up stale bread, but it also showcases tomatoes, beans and cavolo nero. If you're not vegetarian and you have the end of a parmesan rind hanging about in your fridge, you can add that as well to give an even richer, delicious depth of flavour.

SERVES 6 **PREP** 10 mins
COOK 30 mins **EASY** **V**

2 tbsp olive oil, plus extra for drizzling
1 onion, finely chopped
2 celery sticks, finely chopped
1 carrot, chopped
2 garlic cloves, crushed
pinch of chilli flakes
1 rosemary sprig
400g can chopped tomatoes
500ml hot chicken or vegetable stock
400g can cannellini beans, drained and rinsed
1 parmesan rind (optional)
250g cavolo nero or kale, chopped
150g stale crusty bread, torn into chunks (see tip)
1 tbsp red wine vinegar
a few leaves of basil (optional) and grated parmesan or vegetarian alternative, to serve

1 Heat the oil in a large saucepan or flameproof casserole over a medium heat and fry the onion, celery and carrot with a pinch of salt for 15 mins until soft. Add the garlic and chilli flakes, and cook for 1 min.
2 Stir in the rosemary sprig, tomatoes, stock, beans and parmesan rind, if using, and bring to a simmer. Add the cavolo and cook, covered, for 10 mins. Stir through the bread and cook for several minutes more to warm through, then add the vinegar and season. Spoon into bowls, drizzle with a little more oil and sprinkle with the basil, if using, and the grated cheese.

GOOD TO KNOW low fat • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 196 kcals • fat 5g • saturates 1g • carbs 24g • sugars 7g • fibre 7g • protein 10g • salt 0.8g

gf tip
It's important to use a stale crusty bread, because it needs to be slightly robust – as the stew cooks, the bread absorbs the liquid and transforms into pillowy, dumpling-like chunks. If it's too fresh, it will turn into soggy paste.

VEG Q&A



Emma Crawforth is a qualified horticulturist, trained at the Royal Botanic Gardens, Kew, and is the gardening editor for BBC Gardeners' World. This month, she advises on plums.

PLUMS

When are plums ready?
Pick when they part readily from the tree. For dessert varieties, harvest when fully ripe. It will take a few goes to get each one at its peak and you should eat within a few days. Pick culinary varieties (for cooking) while the fruit is slightly unripe.

What time of year do they grow?
Dessert types can be harvested in late July, but bullace plums will be ready in November – they're picked after frost when they're sweeter. But, most plums are ready in August and September. They grow on trees that need care all year round.

Are there different varieties?
Yes. Most are purplish, but there are green, yellow and orange plums – all available as dessert plums, the most popular of which is 'Victoria'. 'Czar' is a culinary plum, like damson and bullace. Green or yellow gages, like 'Oullin's Golden', are sweet like dessert plums.

How easy is it to grow your own?
Plums are easier to grow than other stone fruits – many gardeners will find they have a glut. But, the trees can be prone to pests and diseases. They need a warm, sheltered site and are naturally large, so nurseries supply them grafted onto rootstocks to keep them compact. Some, like 'Victoria', are self-fertile, but all fruit is best with a pollination partner. Take care with pruning – this should only be done in spring or summer.

Shoot director SARAH SNELLING | Food stylist ESTHER CLARK | Stylist WEI TANG





Plum, lemon & ricotta cake

In Italy, cake is traditionally eaten for breakfast, and this is one I used to make for guests when I was living on a farm in Tuscany. The ricotta gives it a light, fluffy texture and buttery flavour. Plums add soft sweetness, but the sponge works just as well with raspberries, peaches or cherries. Slice and serve with a dollop of cream or crème fraîche, or enjoy on its own.

SERVES 8 **PREP** 10 mins
COOK 1 hr 15 mins
EASY V ❄

3-4 plums, halved and stoned
2 tbsp light brown soft sugar
150g unsalted butter, melted, plus extra for the tin
250g ricotta
230g golden caster sugar
2 lemons, zested
3 eggs, lightly beaten
180g self-raising flour
½ tsp baking powder
40g hazelnuts, chopped
crème fraîche, to serve

1 Heat the oven to 190C/170C fan/gas 5. Arrange the plums cut-side down in a single layer in a roasting tin, sprinkle over the brown sugar and roast for 10 mins until tender but still holding their shape. Leave to cool a little in the tin.
2 Butter the base and sides of a 20cm springform tin and line with baking parchment. Tip the ricotta, caster sugar and lemon zest into a stand mixer and beat for 5 mins, or do this with an electric whisk. Beat in the eggs, one at a time, beating well after each addition. With the motor running, slowly pour in the butter, beating until fully combined. Add the flour and baking powder, and quickly mix just to incorporate – don't over-beat. Spoon into the tin, then press the roasted plums on top, cut-side up, and sprinkle over the hazelnuts.
3 Bake for 50 mins-1 hr, or until a skewer inserted into the middle comes out clean. Leave to cool until just warm, or fully cool. Serve with crème fraîche.

PER SERVING 473 kcals • fat 25g • saturates 13g • carbs 53g • sugars 36g • fibre 2g • protein 9g • salt 0.6g

GET SOCIAL AT THE RITZ-CARLON, DUBAI

BBC goodfood Middle East MAGAZINE AWARDS 2021

Head to the heart of JBR for an exquisite Asian-themed evening brunch on Thursdays and an award-winning Friday brunch at The Ritz-Carlton, Dubai

Embark on a culinary journey as London Social Brunch showcases the diverse gastronomic excellence of England's most vibrant city. On the opposite side of the world, from the tranquil waters of Ha Long Bay, via the bustling backstreets of Hanoi to modern-day Ho Chi Minh City's trendy District 1 and District 4, Dubai's latest Thursday night Saigon Social Brunch at Blue Jade, highlights the aromas and robust flavours of Vietnamese cuisine.







Saigon Social Brunch

Kickoff the weekend with a vibrant Thursday evening brunch conceptualized by Blue Jade's Chef de Cuisine, Chef Ta Van Huong. Born and raised in the northern part of Vietnam, Chef Ta Van has been instrumental in crafting the exceptionally authentic à la carte sharing-style menu, with signature Vietnamese dishes including the famous Pho Bo (Vietnamese National Noodle Soup), moreish street food and a modern take on classics. The meticulously selected dishes coupled with innovative crafted beverages, alongside exceptional service, promises to delight Dubai's food gourmands. Complete with live entertainment, including the lively handpan and curated concoctions, guests can prepare to experience a dynamic and unforgettable night out.

Every Thursday, 8-11 pm

District 4: AED249 per person inclusive of soft beverages
District 1: AED398 per person inclusive of soft beverages, Asian concoctions, house beverages, hops, grape and sparkling. Extended beverage package for an additional rate at AED88 per person from 11pm to midnight.

From 12 years old and above. Visit bluejadedubai.com for more information.



London Social Brunch

Transporting discerning diners from the cosmopolitan streets of London to the shores of the Arabian Gulf is this spectacular multicultural brunch. The spices of Brick Lane, Arabesque charm of Edgware Road, vibrant stalls of Little Italy, foodie paradise at Borough Market and fusion delights in Soho, come together at Caravan, The Ritz-Carlton, Dubai, JBR. With over 12 live cooking stations, London's favourites are complemented with renowned British beverages, craft hops and live tunes playing the best of the UK. A tour of the Big Smoke would not be complete without a nod to Britain's favourite pub classics, roasts and puddings, alongside classic pick and mix favourites. Leave room for irresistible delicacies from the Cheese Monger and Pudding Lane!

Every Friday, 1-4 pm

Jubilee: AED395 per person inclusive of non-alcoholic shandies, mocktails, juices and soft drinks.
Victoria: AED495 per person inclusive of signature summer cups, mixed house beverages, craft hops, grape, spirits and sparkling grape.
Piccadilly: AED650 per person inclusive of signature summer cups, distinct selection of mixed house beverages, craft hops, spirits, grape and premium sparkling.

Children below five years of age dine complimentary, while six to 12-year-olds dine at 50%.





For bookings and information please contact +9714 318 6150 or email dine.dubai@ritzcarlton.com.

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NEW WAYS FOR SATURDAYS

AUTUMN SLOW-ROAST

Melissa Thompson shares a succulent lamb recipe with prunes, punchy sides and a tropical fruit dessert that's ideal for entertaining

photographs LOUISE HAGGER



Sunday, for me, means slow-roast lamb. Laid-back, minimal effort for maximum reward, and best enjoyed with your nearest and dearest. The prunes in the marinade give a lovely rich sweetness that's never cloying, which goes hand-in-hand with the roasted garlic and slight tang from the pomegranate molasses. The spices are for background pleasure; you know they're there, but they take the backseat. Fennel & lemon boulangère potatoes make a light side, while the broccoli with feta adds freshness and crunch.

To round off the meal, the coconut panna cotta can be made a day in advance, and it's deceptively straightforward. The coconut is subtle, but you can accentuate it with essence if you like. Serve it with mango, some crushed ginger nuts and a sprinkling of lime zest, and you have a winning summer pud.

Melissa



Melissa is one of our regular columnists as well as running recipe project Fowl Mouths, through which she innovates in the kitchen and helps to drive change in the food industry. She's a vocal advocate for the promotion of black and minority ethnic people in this field, and in 2021 has earned the prestigious Food Writing Award by the Guild of Food Writers.

@fowlmouthsfood



MENU

Slow-roast lamb with prunes & roasted garlic

Fennel & lemon boulangère potatoes

Broccoli with charred red peppers & feta

Coconut panna cotta with mango & ginger nuts

Slow-roast lamb with prunes & roasted garlic

SERVES 6-8 **PREP** 20 mins plus at least 30 mins marinating and resting **COOK** 4 hrs 45 mins **EASY**

2 whole garlic bulbs
2 tbsp olive oil, plus extra for drizzling
1 whole lamb shoulder, approx 2.5kg
1½ tbsp plain flour or cornflour
150ml non-alcoholic white wine
For the marinade
12 dried prunes
2 tbsp pomegranate molasses
1 tsp ground turmeric
1 tsp ground cumin
2 tsp ground black pepper
½ tbsp dried thyme
1 tsp salt

1 Heat the oven to 180C/160C fan/gas 4. Remove any loose skin from the garlic bulbs and slightly fan the cloves without removing them from the root. Put on a sheet of foil, then drizzle with the 2 tbsp oil and sprinkle with salt. Wrap in the foil, and roast in the oven for 30-35 mins until soft. Leave to cool.
2 For the marinade, put the prunes in a jug with 100ml boiling water for 10 mins until soft. Squeeze the roasted garlic flesh from the skins into the jug, then add the rest of the marinade ingredients. Whizz together using a hand blender until smooth.
3 Put the lamb in a large baking dish. Make small incisions with a sharp knife, then pour the marinade over, massaging it into the holes. Cover with foil and leave to marinate in the fridge for at least 30 mins or up to 24 hrs.
4 Turn the temperature up to 200C/180C fan/gas 6 and put the lamb in the oven, immediately turning it down to 150C/130C fan/gas 2. Cook for 3-4 hrs, until the lamb has pulled away from the bone. Remove from the oven.
5 Pour the juices into a jug, then skim off the layer of fat. Turn the grill to high, then brown the lamb for 10 mins. Remove, loosely cover with the foil, and rest for 20 mins before shredding the meat.
6 Add 1½ tbsp of the juices to a saucepan over a medium heat and mix in the flour or cornflour. Cook for 3 mins, stirring, until it starts to colour, then add the wine, and simmer to reduce the liquid by half. Stir in the remaining meat juices. Taste for seasoning, then serve with the lamb and sides (below).

GOOD TO KNOW iron
PER SERVING (8) 485 kcals • fat 25g • saturates 11g • carbs 13g • sugars 8g • fibre 2g • protein 47g • salt 1g

Fennel & lemon boulangère potatoes

SERVES 4-6 as a side **PREP** 25 mins **COOK** 1 hr 5 mins **MORE EFFORT** V

1.5kg Maris Piper potatoes
2 onions
1 tbsp fennel seeds, crushed
1 lemon, zested and juiced
450ml vegetable or chicken stock
50g unsalted butter

1 Heat the oven to 180C/160C fan/gas 4. Peel and slice the potatoes as thinly as possible, ideally using a mandoline. Peel the onions and cut through the middle lengthways, then slice finely lengthways.
2 Layer the potatoes and onions in a circular pattern in a deep baking dish, about 30 x 20cm. Sprinkle the fennel seeds, lemon zest and a small pinch each of salt and pepper between the layers, until all the potatoes and onions have been used.
3 Pour over the stock and lemon juice. Dot the butter all over the top, then cover the dish loosely with foil. Cook in the oven for 45 mins, then remove the foil and cook for another 20-25 mins. It's cooked when a knife goes easily through the middle. Rest for 10 mins before serving.

GOOD TO KNOW healthy • low fat • vit c
PER SERVING (8) 231 kcals • fat 6g • saturates 3g • carbs 38g • sugars 4g • fibre 5g • protein 4g • salt 0.2g

Broccoli with charred red peppers & feta

SERVES 4-6 as a side **PREP** 10 mins **COOK** 15 mins **EASY** V

2 red peppers
1 large head of broccoli
1 tbsp vegetable oil
1 red onion, peeled and thinly sliced
1 garlic clove, crushed
100g feta, crumbled

1 Scorch the red peppers directly over the largest flame on the hob for around 5 mins until they blacken, rotating frequently. If you don't have a gas hob, you can use a barbecue or an oven grill on the highest setting. Once blackened, put in a container with a lid and leave to cool.
2 Peel the skin off and remove the seeds and any pith from inside. Slice thickly, reserving any juices. Sieve the juices to remove any seeds.
3 Cut the broccoli into large florets. Heat the oil in a frying pan over a medium-high heat and fry the broccoli for 5 mins, stirring regularly, until starting to to turn golden brown. Add the onion, garlic, some seasoning and 100ml water, then put the lid on the pan. Reduce the heat to medium and cook for a further 5 mins, stirring regularly.
4 Pour in any remaining pepper juices, mix and spoon onto a serving plate. Place the red pepper slices on top and scatter over the feta.

GOOD TO KNOW healthy • folate • vit c • 2 of 5-a-day • gluten free
PER SERVING (6) 121 kcals • fat 6g • saturates 3g • carbs 7g • sugars 6g • fibre 5g • protein 7g • salt 0.4g





Coconut panna cotta with mango & ginger nuts

SERVES 6-8 **PREP** 10 mins plus at least 3 hrs chilling **COOK** 20 mins **EASY**

2 x 400ml cans full-fat coconut milk
60g golden caster sugar
200ml double cream
4 leaves of gelatine
10 ginger nut biscuits
400g can mango slices, or sliced fresh mango
1 lime, zested

1 Pour the coconut milk into a saucepan and warm over a medium-high heat for about 20 mins, stirring frequently so it doesn't catch, until reduced by about a quarter (you need around 600ml remaining). Stir in the caster sugar to dissolve, then pour in the double cream. Meanwhile, soak the gelatine in a bowl of cold water for 10 mins. Squeeze out any excess liquid, then add to the coconut milk mixture, stirring until the gelatine has dissolved completely.
3 Divide the mixture between six-eight ramekins (about 140ml each) and set aside until the mixture has cooled. Chill for at least 3 hrs until set, or overnight.
4 Put the ginger nuts in a sandwich bag and use the end of a rolling pin to crush them to a rough powder. Divide the mixture between six to eight small plates, spreading thinly.
5 Prepare a bowl of warm water and dip the ramekins in to loosen the edges. Carefully turn them upside down in the middle of each plate and tap gently until freed.
6 Add a couple of mango slices beside each panna cotta, and sprinkle over the lime zest. Serve straightaway.

PER SERVING (8) 398 kcals • fat 32g • saturates 24g • carbs 23g • sugars 16g • fibre 1g • protein 3g • salt 0.2g

Shoot director SARAH SNELLING | Food stylist EMILY KYDD | Stylist LUIS PERAL

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Gastronomic dairy butter is excellent when making a sauce: it helps the ingredients' flavour shine, bringing more aroma to the dish compared to vegetable alternatives.

Cniel

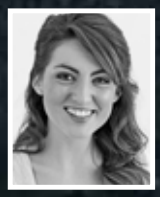
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cassie's simple solutions

halloween treats



Need to conjure up something sweet for the family? Try these spooky brownies from food editor Cassie

photograph TOM REGESTER

the dilemma

I want to make something fun for Halloween that both kids and adults will love.

the solution

Forget packets of sweets – if you want a real treat this Halloween, these decadent brownies will do the trick.

Brownies are my go-to bake for most occasions – birthdays, school bake sales, or served warm as a dessert at dinner parties, with ice cream. They are the most versatile treat, and perfect for a Halloween get-together, too. Here, I've made my favourite brownie recipe, then decorated the traybake with spooky cookie eyeballs. They look the part, but are really simple to make, and just require a little hands-on time. For quicker decoration, you can crumble the cookies through the brownie mixture, and use the icing to pipe creepy spiderwebs on top.

Search for more tantalising Halloween bakes, party snacks and drinks at *bbcgoodfoodme.com*.

Spooky Halloween brownies

MAKES 12 **PREP** 25 mins plus cooling and setting **COOK** 45 mins **EASY** V ❄

200g butter, chopped
200g dark chocolate, roughly chopped
4 large eggs
350g caster sugar
100g plain flour
50g cocoa powder
100g milk chocolate, chopped
100g white chocolate, chopped
12 créme-filled chocolate sandwich cookies
12 small sugar-coated chocolates
red and black icing pens

1 Heat the oven to 180C/160C fan/gas 4 and line a 24 x 20cm brownie tin with baking parchment. Melt the butter and dark chocolate in a heatproof bowl set over a small pan of just simmering water. Stir until completely smooth, then leave to cool for 10 mins.

2 Beat the eggs and sugar with an electric whisk until thick and pale – the mixture should double in volume and leave a trail when the beaters are lifted. Pour the cooled dark chocolate mixture around the edge of the bowl. Sift over the flour and cocoa, add the milk chocolate, and gently fold everything together with a spatula or large metal spoon. Pour into the prepared tin and bake for 35-40 mins.

3 Meanwhile, make the 'eyeballs'. Melt the white chocolate in a heatproof bowl over the pan of just simmering water. Stir until smooth. Dip each cookie into the chocolate to cover one side. Stick a sugar-coated chocolate in the centre of each, then leave to set. When the chocolate is fully dry, pipe a pupil and red veins onto each eyeball using the icing pens.

4 Remove the traybake from the oven, and immediately push the eyeballs into the surface in even rows – do this gently, so they're just pushed in slightly. Leave to cool completely. Cut into 12 squares.

PER BROWNIE 556 kcals • fat 31g • saturates 18g • carbs 60g • sugars 48g • fibre 3g • protein 7g • salt 0.5g

Shoot director JACK HUNTLEY | Food stylist ESTHER CLARK, TROY WILLIS | Stylist AGATHÉ GITS



NEXT LEVEL

Minced beef tacos

recipe BARNEY DESMAZERY *photograph* KAREN THOMAS

SERVES 3 **PREP** 10 mins **COOK** 30 mins **MORE EFFORT**



CRUNCH TIME
The mince is usually served in taco shells, but they can be hard to eat, tending to fall apart on the first bite. Instead, we've used soft tortillas and added crunch with a sprinkling of crushed tortilla chips.

WHY

What Americans call 'ground beef tacos' has become a family classic in the UK because of how it elevates a pack of mince into a vibrant, spicy meal. But, too often, it relies on ready-made mixes and long-life salsa. Here, we go to the extra effort of making our own spice mix, which makes all the difference. We've also ditched the taco shells for softer tortillas, but retain some crunch with the addition of crushed tortilla chips as a garnish.

WHAT TO BUY

1 tbsp sunflower oil
500g beef mince
300ml beef stock

For the spice mix

2 tbsp cumin seeds
1 tbsp coriander seeds
1 tsp black peppercorns
1 tsp chipotle chilli flakes (see tip, right)
1 tbsp paprika
1 tbsp dried oregano
1 tsp garlic granules
1 tsp onion granules
2 tsp cornflour

For the pickled onions

1 large red onion, finely sliced
1 lime, juiced, plus wedges to serve

To serve

6-8 small soft wheat or corn tortillas
1 avocado, stoned, peeled and chopped into small chunks
1 tomato, chopped into small chunks
handful of feta, crumbled, or use grated mild cheddar (optional)
2 handfuls of tortilla chips, crushed (optional)

EXTRA SPICE
A homemade spice mix will make all the difference to the vibrancy of the finished flavour. This makes more than you'll need, but the mix will keep in a sealed jar for up to a month, and can be used for fajitas, or for cooking chicken or other protein.

Shoot director RACHEL BAYLY | Food stylist KITTY COLES | Stylist AGATHÉ GITS



PROPER PICKLE
Quick lime-pickled onions cut through the richness of the meat, and add a fresh, zesty note to the tacos.

CHOOSE CHIPOTLE
Seek out chipotle chilli flakes, or use ½ tsp chipotle chilli paste to add a deep smoked chilli flavour. If you can't find it, use normal chilli flakes and add a little extra smoked paprika.

WHOLE SPICES
Cumin and coriander are the prominent spices here, so rather than use powdered, we've used whole seeds and toasted them to get the best aroma and flavour before grinding them ourselves. If you only have powdered, that's fine.

MAKE IT SAUCY
Adding cornflour to the spice mix might seem a little unusual, but there are a couple of reasons for it. It thickens the meat juices and stock to make a velvety, thick gravy, plus it also stops the spices from clumping together, if you're keeping the leftover mix.

HOW TO MAKE IT

1 First, make the spice mix. Toast the cumin seeds, coriander seeds and peppercorns in a small, dry frying pan, then tip into a spice grinder or use a pestle and mortar to crush to a rough powder. Add the remaining spice mix ingredients, except the cornflour, then grind again. Stir though the cornflour and a pinch of salt. *The spice mix will keep in an airtight jar for up to one month.*
2 For the pickled onions, toss the onions with the lime juice and a pinch of salt in a medium glass bowl, then set aside to soften.
3 Heat the oil in a frying pan over a medium-low heat, and crumble in the mince. Cook for 15-20 mins. At first, it will release some liquid, but once that has bubbled away, the mince will sizzle in its own fat and start to brown and crisp. At this point, stir or toss the mince with a wooden spoon so it browns and caramelises all over. When the mince is well toasted, sprinkle over half the spice mix and continue to cook for 2 mins. Pour over the beef stock and reduce the heat to a simmer. Cook gently for 10 mins until the beef has absorbed most of the stock, and is in a rich, thick gravy. Taste for seasoning.
4 To assemble the tacos, toast the tortillas in a hot, dry frying pan, or over a flame until lightly blistered. Transfer to a serving plate and spoon the mince into a bowl, then serve the other ingredients in separate bowls, so everyone can assemble their own. Alternatively, spoon the mince into the tortillas, then top with the avocado, tomato, cheese (if using), pickled onions and crushed tortilla chips, if using. Serve the lime wedges on the side for squeezing over.

GOOD TO KNOW **calcium • fibre • iron • 2 of 5-a-day**
PER SERVING **792 kcals • fat 44g • saturates 16g • carbs 51g • sugars 8g • fibre 9g • protein 44g • salt 1.7g**

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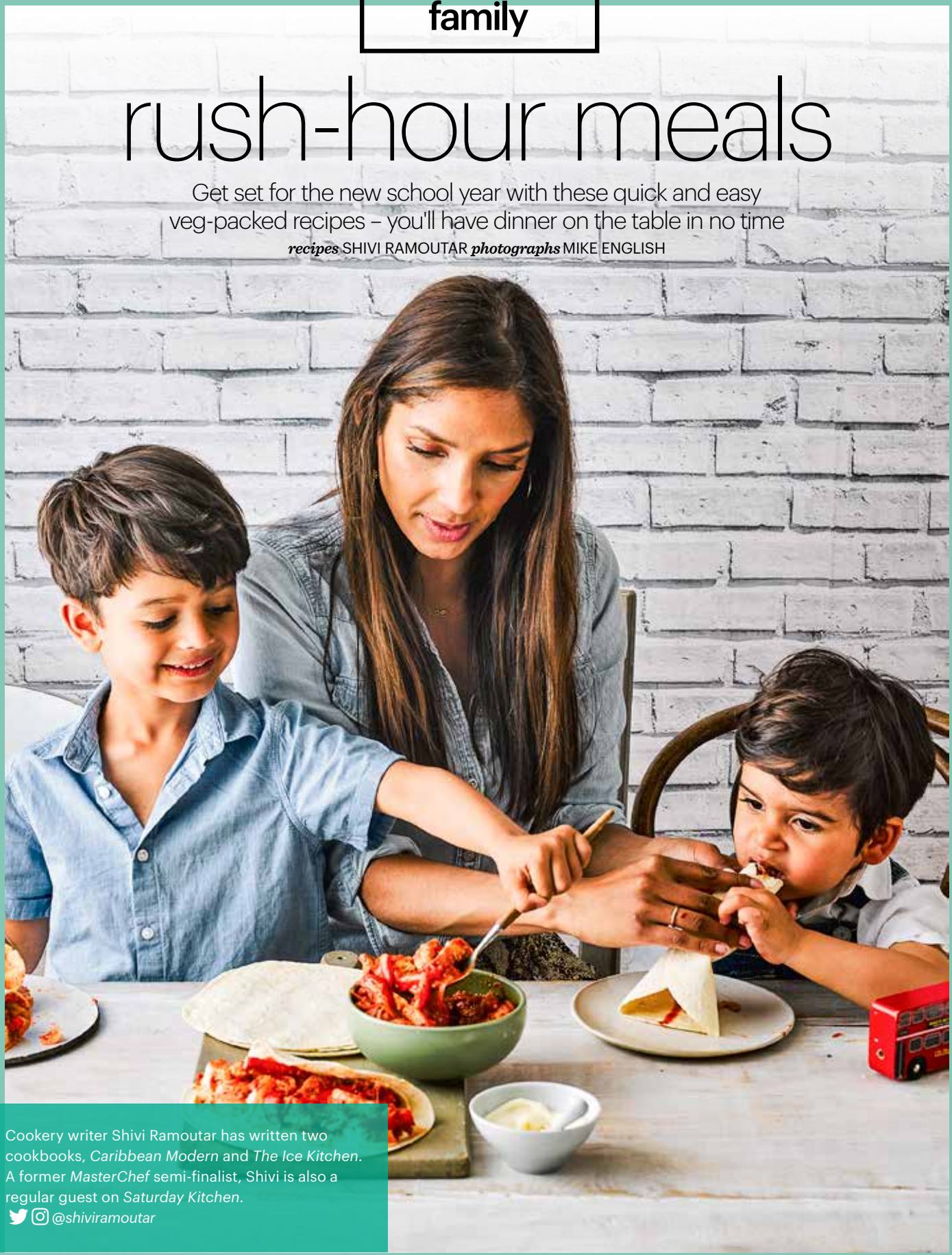
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family

rush-hour meals

Get set for the new school year with these quick and easy veg-packed recipes – you'll have dinner on the table in no time

recipes SHIVI RAMOUTAR ***photographs*** MIKE ENGLISH



Cookery writer Shivi Ramoutar has written two cookbooks, *Caribbean Modern* and *The Ice Kitchen*. A former *MasterChef* semi-finalist, Shivi is also a regular guest on *Saturday Kitchen*.
@shiviramoutar

Chorizo veg fritters

SERVES 4 **PREP** 20 mins
COOK 15 mins **EASY** ❄

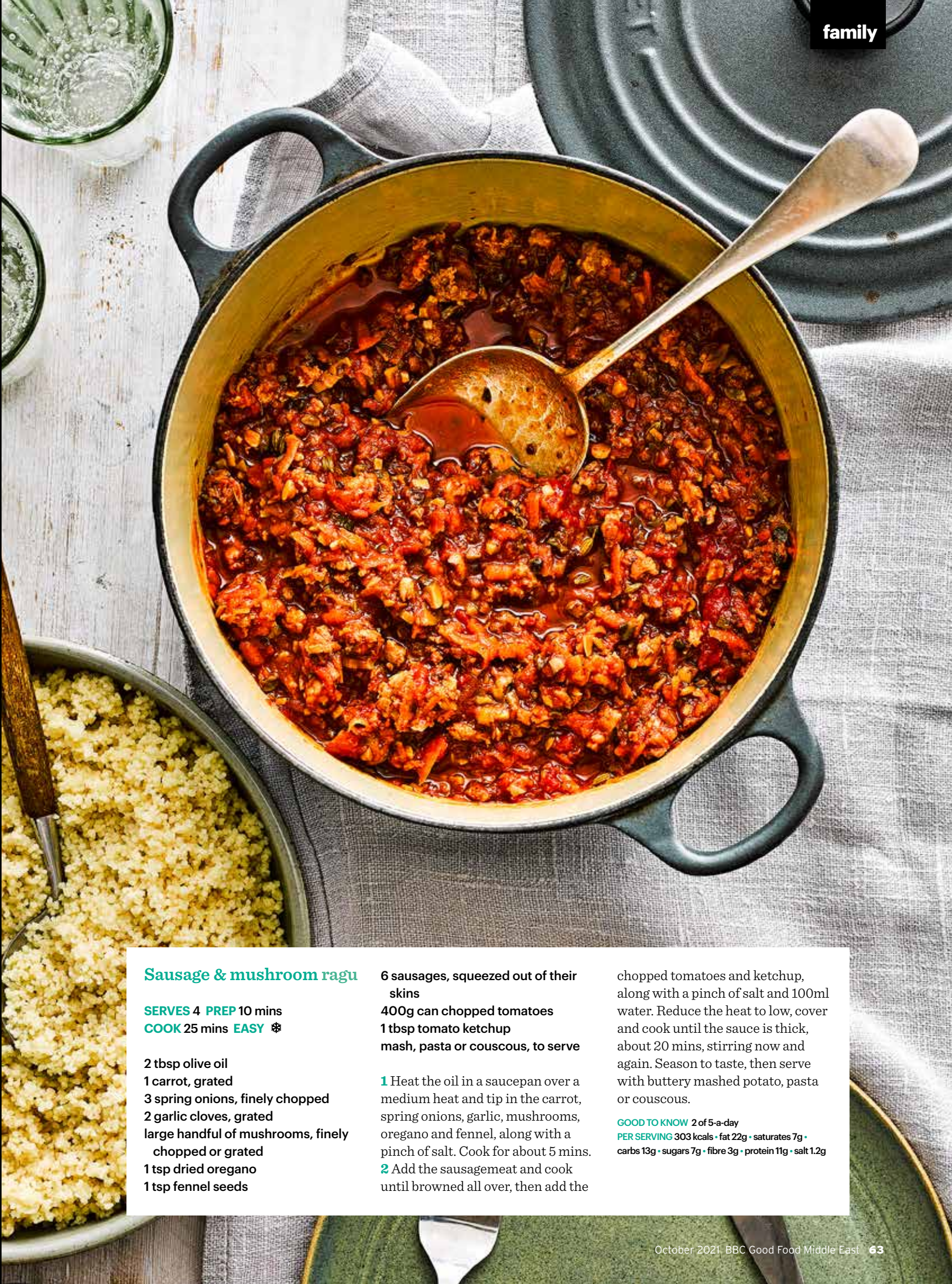
340g can sweetcorn, drained
1 small courgette, coarsely grated
4 spring onions, finely chopped
½ ring cured chorizo (110g), cut into small chunks
4 tbsp plain flour
1 tbsp chopped coriander leaves
1 tsp paprika
2 eggs, beaten
3-6 tbsp milk
vegetable oil, for frying

For the quick salsa

4 medium tomatoes, finely chopped
1 spring onion, finely chopped
½ garlic clove, grated
½ lime, juiced
1 tbsp coriander leaves, chopped
1 tbsp oil

1 Put all the ingredients for the fritters, except the oil, in a large bowl. Season and mix well.
2 For the quick tomato salsa, mix together all of the ingredients in a medium bowl with a pinch of salt.
3 Heat 1 tbsp oil in a large frying pan over a medium heat. Scoop 1-2 tablespoons of batter at a time into the pan to form a fritter, and cook for about 5 mins, turning halfway, until golden and cooked through. Set aside on a plate lined with kitchen paper. You'll need to do this in batches and add extra oil if the pan gets dry. You should end up with 10-12 fritters. Serve immediately, topped with the salsa. *Freeze on a tray, then transfer to a freezer bag for up to two months. Defrost at room temperature, then reheat in a low oven.*

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING 400 kcals • fat 24g • saturates 5g • carbs 29g • sugars 9g • fibre 5g • protein 15g • salt 1g



Sausage & mushroom ragu

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY** ❄

2 tbsp olive oil
1 carrot, grated
3 spring onions, finely chopped
2 garlic cloves, grated
large handful of mushrooms, finely chopped or grated
1 tsp dried oregano
1 tsp fennel seeds
6 sausages, squeezed out of their skins
400g can chopped tomatoes
1 tbsp tomato ketchup
mash, pasta or couscous, to serve

1 Heat the oil in a saucepan over a medium heat and tip in the carrot, spring onions, garlic, mushrooms, oregano and fennel, along with a pinch of salt. Cook for about 5 mins.
2 Add the sausagemeat and cook until browned all over, then add the chopped tomatoes and ketchup, along with a pinch of salt and 100ml water. Reduce the heat to low, cover and cook until the sauce is thick, about 20 mins, stirring now and again. Season to taste, then serve with buttery mashed potato, pasta or couscous.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 303 kcals • fat 22g • saturates 7g • carbs 13g • sugars 7g • fibre 3g • protein 11g • salt 1.2g

Salmon flash-fried rice

SERVES 4 **PREP** 2 mins
COOK 8 mins **EASY**

2 tbsp toasted sesame oil
2 spring onions, chopped
2 large handfuls (or 200g) of mixed frozen or canned veg (peas, diced peppers, sweetcorn, diced carrot and chopped spinach)
400g basmati rice, cooked
1 tsp soy sauce, plus extra to serve (optional)
1 tsp maple syrup
2 eggs, beaten
4 pre-cooked salmon fillets, flaked
chilli oil, to serve (optional)

1 Heat the oil over a high heat, then fry the spring onion for a minute or so, stirring all the time. Tip in the mixed veg and stir for another 2-3 mins until it's all defrosted.
2 Add the rice, soy sauce and maple syrup, still stirring, then add the beaten eggs, stirring for another 2-3 mins until it resembles egg fried rice. Gently stir through the flaked salmon, being careful not to break it up too much. Season and drizzle in more soy, if you like. Grown-ups can add chilli oil for an added kick.

GOOD TO KNOW omega-3
PER SERVING 494 kcals • fat 27g • saturates 5g • carbs 30g • sugars 3g • fibre 1g • protein 32g • salt 0.4g

Lemon & greens pesto pasta

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY** **V** ❄ (pesto only)

350g pasta (we used linguine)
½ small head of broccoli, cut into florets
large handful of basil
1 large handful of spinach, wilted in boiling water, cooled and excess water squeezed out
4 tbsp pine nuts
1 garlic clove, grated
½ lemon, zested and juiced
6 tbsp extra virgin olive oil
large handful of frozen peas, set aside in boiled water until heated through
3 tbsp grated parmesan or vegetarian hard cheese
3 tbsp soft cheese

1 Cook the pasta following pack instructions. Meanwhile, cook the broccoli for 4 mins in boiling salted water. Drain, then put in a food processor along with the basil, spinach and pine nuts. Pulse until combined.
2 Stir in the garlic, lemon zest and juice, olive oil, peas, parmesan and soft cheese, and season to taste.
3 Drain the pasta, reserving a little of the cooking water. Return the pasta to the pan and add the pesto along with a splash of water to loosen. Toss together, check the seasoning and serve.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 647 kcals • fat 35g • saturates 8g • carbs 60g • sugars 4g • fibre 8g • protein 20g • salt 0.3g





Pineapple chicken & veg wraps

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

1 tbsp vegetable or olive oil
1 large onion, halved and sliced
2 red or yellow peppers, sliced
1 large garlic clove, grated
1 tbsp cumin
1 tbsp dried oregano
1 tbsp smoked or sweet paprika
400-500g chicken mini fillets, or skinless chicken breast, cut into thin strips
400g can chopped tomatoes
1 small can pineapple rings or chunks, about 200g, cut into small pieces
8 soft tortilla wraps
mayonnaise, to serve

1 Heat the oil in a large frying pan over a medium heat. Cook the onion and peppers for 10 mins, stirring regularly until softened. Add the garlic, cumin, oregano and paprika, and cook for 1 min.
2 Add the chicken strips, tomatoes and pineapple, turn up the heat and bring to the boil, then reduce the heat to low and simmer for about 15 mins, with the lid on for the first 5 mins, until the chicken is cooked through. Season to taste.
3 Spread the tortilla wraps with a little mayonnaise, pile in the chicken and veg, fold up and enjoy.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day
PER SERVING 530 kcals • fat 13g • saturates 2g • carbs 59g • sugars 18g • fibre 9g • protein 40g • salt 1.4g

Shoot director JACK HUNTLEY | Food stylist ELENA SILCOCK | Stylist AMY KINNEAR





TRICK OR TREAT?

Marks & Spencer's eye-popping Halloween range will spook and delight little ghouls when they come out to play

Host a spooktacular evening this Halloween with the help of Marks & Spencer. From eery eyeball pizza to creepy mixes, the leading British retailer has launched over 14 new Halloween goodies, so you can prep for the most chilling night of the year with spine-tinglingly scrumptious treats.

Everyone's favourite comfort food has also undergone a monstrous makeover this season. Daring diners can look forward to One-Eyed Monsteralla Pizza, with an improved recipe that features a stone-baked base topped with gory garnishes of gherkins, creepy cheese and juicy red pepper veins. For families looking to carve creepy creations for Halloween, explore the range of pumpkins in various shapes and sizes, from miniature Munchkin Pumpkins to mysterious Monster Pumpkins.

Don't forget to keep heaps of party treats ready for trick-or-treaters. The latest assortment of chocolates and sweets showcases spooky fruit flavoured gummies such as Count Colin the Caterpillar, Oozing skulls, Fizzy Whizzy Wings, Creepy Milk Chocolate Choco-pops, Creepy Peeper chocolate eyeballs and the ultimate handy Halloween party food: freshly manicured Chocolate Severed Fingers.

Also creeping onto the scene are Marks & Spencer's horrifyingly delectable drinks. Who knew Dracula's Blood was so appealing? The eery, flavour-packed crimson brew is made with no added sugar apple, strawberry and raspberry high juice, making it a refreshing thirst quencher for all ages. Frightful fizz is also one to try, with juice squeezed from angry oranges and petrifying pumpkins - the orange and pumpkin presses are sure to satisfy everyone's devilish delights.

Available at Marks & Spencer stores in Dubai Festival City, Ibn Battuta, Mall of the Emirates, Marina Walk, Springs Souk, The Dubai Mall and Yas Mall in Abu Dhabi.

EASY BAKE

One for the CAKE TIN

Fill your cake tin with this easy traybake, bursting with banana and toffee flavours. It's sure to be a new family favourite

recipe CASSIE BEST *photograph* SAM STOWELL

Banoffee traybake

SERVES 12 PREP 20 mins
COOK 30 mins EASY
V ❄ undecorated sponge only

200g butter, softened, plus extra for the tin
2 large ripe bananas (250g peeled weight)
250g light brown soft sugar
4 large eggs
1"½ tsp vanilla extract
250g self-raising flour
100g natural yogurt
100g dark chocolate, chopped into chunks
100g thick caramel or dulce de leche (we used a can of Carnation caramel)
12 dried banana chips, to serve (optional)

1 Heat oven to 180C/160C fan/gas 4. Butter and line a 20 x 30cm baking tin with two strips of criss-crossed baking parchment. In a jug, mash the bananas with a fork, then add the butter and sugar and mix with an electric hand whisk until smooth and creamy.
2 Add the eggs one at a time, beating well after each addition, then add the vanilla and a pinch of salt. Use a spatula to fold through the flour, yogurt and chocolate chunks. Scrape the mixture into the tin and smooth over the surface. Bake for 30 mins until risen and golden and a skewer inserted into the centre of the cake comes out clean. Cool for 10 mins in the tin, then transfer to a wire rack.
3 Cut the traybake into 12 squares, then top each one with a spoonful of caramel and a banana chip, if you like. *Will keep in a tin for up to five days, or in the freezer – without the toppings – for up to a month.*

PER SERVING 406 kcals • fat 20g • saturates 12g • carbs 48g • sugars 31g • fibre 2g • protein 7g • salt 0.7g



Shoot director ELIZABETH GALBRAITH | Food stylist ELLIE JARVIS | Stylist LUIS PERAL



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health

Delicious recipes and top nutrition tips



super suppers

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5 healthy ideas

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Inside your veg box

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super suppers

All of these recipes serve four, so for two people following the plan, leftovers will keep either as another lunch or dinner for later in the week. They're also packed with ingredients that support the immune and digestive systems



Pork meatballs with bulgur salad, feta & mint

Meatballs with a low fat content can often be dry, but adding grated carrot and onion not only moistens them, it adds flavour and texture.

SERVES 4 PREP 15 mins
COOK 50 mins EASY
❄ meatballs only

FIBRE | 3 OF 5-A-DAY | LOW CAL

100g carrot, grated
2 white onions (280g), 130g coarsely grated, the rest finely chopped
500g 5% fat pork mince
1 tsp dried oregano
½ tbsp rapeseed oil
2 large garlic cloves, finely grated
400g can chopped tomatoes
2 tbsp tomato purée
1 tsp vegetable bouillon powder
For the bulgur salad
125g bulgur wheat
1 lemon, zested and juiced
1 red onion, finely chopped
160g cucumber, finely diced
100g cherry tomatoes, quartered
6 Kalamata olives, sliced
15g mint leaves, a few small leaves reserved for scattering, the rest roughly chopped
75g feta, crumbled

1 Mix the grated carrot and onion with the pork, half of the oregano and plenty of black pepper. Shape into 16 large meatballs. Heat the oil in a large deep non-stick frying pan and fry the meatballs for about 5-8 mins, turning occasionally until firm and starting to colour. Remove from the pan and set aside.
2 Tip the chopped onion into the pan and fry over a medium heat until starting to soften, about 5 mins. Stir in the garlic, then add the tomatoes along with the tomato purée, a can of water, the bouillon powder and remaining oregano. Cook over a low heat, covered, for 15 mins, then add the meatballs. Cover and simmer for a further 10 mins.
3 Meanwhile, boil the bulgur for 15-20 mins until tender, then drain. Tip into a bowl and stir in the lemon zest and 2-3 tbsp juice, the red onion, cucumber, tomatoes, olives and chopped mint. Pile half onto two plates and top with half the meatballs and sauce. Scatter over the mint leaves and half the feta. Chill the rest for another night.
Will keep chilled for up to three days. Reheat the meatballs over a low heat until piping hot, then serve with the salad. If frozen, leave to defrost fully and reheat gently until piping hot.

GOOD TO KNOW healthy • low cal • vit c • fibre • 3 of 5-a-day
PER SERVING 389 kcals • fat 13g • saturates 5g • carbs 28g • sugars 13g • fibre 9g • protein 36g • salt 1.1g



Coriander salmon with curried quinoa & pomegranate

You should aim to eat oily fish at least once a week, as its beneficial omega-3 fatty acids – which support heart health – can't be made by your body. We like to use sustainable wild salmon as it's leaner than farmed salmon and contains less saturated fat.

SERVES 4 PREP 20 mins
COOK 25 mins EASY

FIBRE | OMEGA 3 | 4 OF 5-A-DAY

- 120g quinoa, rinsed
- 320g fine green beans, trimmed and cut into thirds
- 15g pack coriander
- 15g fresh ginger, peeled and chopped
- 1 lemon, juiced
- ½ tsp ground cumin
- 1 green or red chilli, seeds removed and chopped
- 1 tsp ground coriander
- 4 wild skinless salmon steaks, (460g)
- 1 tbsp extra virgin olive oil
- 2-3 courgettes (320g), halved and sliced
- 2 red onions, finely chopped
- 2 tsp garam masala
- 2 tsp vegetable bouillon powder
- 400g can chickpeas, drained
- 150g pomegranate seeds

1 Heat the oven to 200C/180C fan/gas 6 and line a baking sheet with baking parchment. Boil a saucepan of water, add the quinoa and cook for 5 mins. Add the beans, bring back to the boil, then simmer for 10 mins. Remove from the heat and leave to stand for 5 mins, then drain, rinse and drain again.

2 Meanwhile, blitz the fresh coriander, ginger, lemon juice, cumin, chilli and ground coriander in a small bowl using a hand blender. Arrange the salmon steaks on the baking sheet, then spread a teaspoon of the coriander mix on each one, saving the rest for later. Bake for 8-10 mins, depending on the thickness of the salmon.

3 Heat the oil in a non-stick pan and stir-fry the courgettes and onions for 8-10 mins over a medium heat until softened and starting to colour. Stir in the garam masala, bouillon powder and remaining coriander mixture, then add the chickpeas and cook for a minute. Tip into a serving bowl and stir through the cooled quinoa, green beans and pomegranate seeds. Spoon half onto two plates and flake over 2 of the salmon fillets.

4 Reserve the remaining two portions of quinoa salad and salmon to eat cold for lunch the next day, if you like. *Will keep chilled for up to two days.*

GOOD TO KNOW healthy • iron • folate • vit c • fibre • omega 3 • 4 of 5-a-day • gluten free
PER SERVING 526 kcals • fat 19g • saturates 3g • carbs 42g • sugars 14g • fibre 13g • protein 39g • salt 1.1g



Ratatouille & ricotta pasta

This is a deconstructed twist on macaroni cheese, with a layer of Mediterranean veg and Italian ricotta, so you don't have to make a traditional sauce. Aubergine skin is rich in protective anthocyanins – the same beneficial compounds found in blueberries – while the skins of courgettes are a useful source of lutein and zeaxanthin, which promote eye health.

LOW CAL · VIT C · 3 OF 5-A-DAY

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY**
V ❄ ratatouille only

400g can chopped tomatoes
3 tbsp tomato purée
4 large garlic cloves, finely grated
12 Kalamata olives, quartered
1 tsp bouillon powder
1 large aubergine (350g) diced
2 courgettes, halved and sliced (325g)
200g ricotta
20g pack of basil, small leaves reserved to garnish, the rest chopped
400g wholemeal penne
20g finely grated parmesan or vegetarian Italian hard cheese

1 Tip the tomatoes into a pan with a can of water, the tomato purée, garlic, olives and bouillon powder. Add the aubergine and courgettes, then cover and simmer for 30 mins until the veg is tender.
2 Meanwhile, mix the ricotta and basil together in a small bowl with a good grinding of black pepper.
3 Boil half of the pasta following pack instructions, then drain, reserving some of the cooking water. Tip into a bowl and toss with half the ricotta mixture and a good splash of the pasta water to moisten, adding more to loosen if needed. Spoon half the ratatouille and the penne into two bowls and sprinkle with half the parmesan and basil leaves. Cover and chill the remaining ratatouille, basil and ricotta for another night. *Will keep chilled for up to three days. When ready to serve again, warm the ratatouille in a pan over a low heat and continue with the method from step 3.*

GOOD TO KNOW healthy • low cal • low fat • calcium • vit c • fibre • 3 of 5 -a-day
PER SERVING 456 kcals • fat 11g • saturates 5g • carbs 64g • sugars 10g • fibre 13g • protein 19g • salt 1g

Cajun chicken traybake with sweet potato wedges & chive dip

Sweet potatoes are never as crispy as regular potatoes, but they do add to your five-a-day. We've also used kefir in this recipe for its rich contribution of beneficial gut bacteria. Kefir is a fermented milk, similar in consistency to a thin yogurt, with a lovely tangy flavour, but you can use normal bio or almond yogurt if you prefer.

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** ❄ chicken only

FIBRE | 3 OF 5-A-DAY | GLUTEN FREE

- 1 tbsp each ground cumin and smoked paprika
- 1 tsp dried oregano
- 1 tbsp fresh thyme leaves or 1 tsp dried
- 8 skinless, boneless chicken thighs (900g)
- 1 red and 1 yellow pepper, deseeded and diced
- 3 red onions, sliced into 1cm-thin wedges
- 2 celery sticks, finely sliced
- 1 tbsp rapeseed oil, plus 1 tsp
- 2 sweet potatoes (375g peeled weight), cut into 16 wedges
- 2 tbsp snipped chives
- 150g kefir or bio yogurt

1 Heat the oven to 200C/180C fan/gas 6. Mix the cumin, paprika, oregano and thyme together in a bowl, with a good grinding of black pepper. Set aside 1 tbsp for the potatoes. Use the rest to rub all over the chicken thighs.
2 Tip the peppers, onions and celery into a large roasting tin and toss with 1 tbsp oil. Spread out the veg so it cooks evenly, then nestle in the chicken. Cover with foil and roast for 40 mins.
3 Meanwhile, coat the potato wedges in 1 tsp oil with the remaining spice mix, and arrange them, spaced apart, on a non-stick baking tray. When the chicken has 35 mins left to cook, put them in the oven on a higher shelf. Stir the chives into the kefir in a small serving bowl, adding up to 1 tbsp water to loosen, if needed. Set aside.
4 Remove the roasting tin and potatoes from the oven and turn up the heat to 220C/200C fan/gas 7. Remove the chicken to a warm plate and leave to rest for 5 mins. Return the veg to the oven, uncovered, for 5-10 mins to colour a little. Serve half the wedges on plates with half of the chive dip and half the veg and chicken. Cover and chill the remaining portions. *Will keep chilled for up to three days. To reheat, gently warm the potatoes in a non-stick frying pan, taking care they don't burn. Heat the chicken until piping hot in a microwave or pan set over a medium heat. If freezing, leave to defrost fully before reheating in a pan over a medium heat until piping hot.*

GOOD TO KNOW healthy • calcium • vit c • fibre • 3 of 5 a day • gluten free
PER SERVING 510 kcals • fat 21g • saturates 6g • carbs 31g • sugars 20g • fibre 8g • protein 46g • salt 0.6g





Cod & tarragon fishcakes with minty peas

Bake these golden fishcakes, packed with high-protein white fish and served with a mix of minty peas and leeks. Alliums like leeks, onions, and chives, provide gut-friendly fibres.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**

IRON · FIBRE · 3 OF 5-A-DAY

rapeseed oil, for the tin
900g potatoes (we used Maris Piper), peeled and cut into medium-sized chunks
2 tsp English mustard powder
4 anchovies, finely chopped
5 spring onions, very finely chopped
2 tsp capers
1½ tbsp chopped tarragon
2 x 280g packs skinless cod loin, cut into large chunks
8 tsp wholemeal flour
2 eggs
90g ground almonds

For the veg

320g frozen peas
320g leeks, halved and finely sliced
2 tbsp finely chopped mint
4 handfuls of rocket
2 tsp lemon juice
2 tsp extra virgin olive oil

1 Heat the oven to 200C/180C fan/gas 6 and oil a non-stick baking sheet. Bring a pan of water to the boil, then cook the potatoes for 15-20 mins until tender. Drain well, then return to the pan and mash with the mustard, anchovies, spring onions, capers and tarragon until combined. Stir through the raw cod.

2 Shape into 8 cakes, then coat lightly in the flour – about 1-2 tsp each. Beat the eggs in a shallow bowl. Coat the cakes in the egg, then sprinkle ½ tbsp of the almonds over each one and place on the baking sheet. Bake for 20 mins, turning each over halfway through, until starting to turn golden.

3 Meanwhile, put the peas and leeks in a pan, submerge in water, then cover and boil for 10 mins. Drain and stir through the mint. Divide half of the pea and leek mixture between two plates with 2 fishcakes on top for each. Toss half the rocket with half the lemon juice and olive oil, then pile on top of the fishcakes. Chill 4 fishcakes and half the pea and leek mixture, separately, to eat another day. *Will keep chilled for up to two days.* Reheat the fishcakes on a baking tray at 200C/180C fan/gas 6 for 15-20 mins. Reheat the peas and leeks in the microwave. Dress the remaining rocket just before serving.

GOOD TO KNOW healthy · iron · calcium · folate · vit c · fibre · 3 of 5-a-day
PER SERVING 600 kcals · fat 20g · saturates 3g · carbs 53g · sugars 9g · fibre 11g · protein 47g · salt 1g



5 healthy ideas

yogurt

Use any leftover pots from the back of the fridge to make these quick recipes which also happen to be good for you

Spicy yogurt chicken

SERVES 4 PREP 5 mins plus optional marinating
COOK 20-25 mins EASY

With a sharp knife, make a few slashes in **8 skinless chicken drumsticks**. Combine **142ml natural yogurt**, **1 tsp chilli powder**, **1 tbsp ground cumin**, **1 tbsp ground coriander** and **2 tsp ground turmeric** in a bowl and season to taste. Add the drumsticks, tossing to coat and rubbing the mixture into the meat. If you have time, cover and chill for 30 mins. Remove the drumsticks from the marinade, shaking off the excess, then cook on a hot barbecue for 20-25 mins, turning occasionally until cooked through. To check the meat is cooked, pierce the thickest part of the drumstick – the juices should run clear.

GOOD TO KNOW healthy • iron
PER SERVING 229 kcals • fat 7g • saturates 2g • carbs 6g • sugars 2g • fibre none • protein 37g • salt 0.5g

Supergreen soup with yogurt & pine nuts

SERVES 2 PREP 5 mins COOK 25 mins EASY V ❄

Heat **2 tsp olive oil** in a medium saucepan over a low-medium heat and cook **1 chopped onion** with a pinch of salt for 10 mins, stirring occasionally until softened but not coloured. Add **2 crushed garlic cloves** and cook for 1 min more. Tip in **1 potato** (about 250g), cut into small cubes, followed by **600ml vegetable stock**. Simmer for 10-12 mins until the potato is soft – a cutlery knife should slide into it easily. Add **120g mixed watercress**, **rocket** and **spinach** and allow to wilt for 1 min, then tip everything into a blender and blitz until completely smooth. Serve topped with **150g natural yogurt**, **20g toasted pine nuts** and a drizzle of **chilli oil**, if you like.

GOOD TO KNOW healthy • low fat • calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 325 kcals • fat 13g • saturates 2g • carbs 36g • sugars 14g • fibre 7g • protein 12g • salt 1g

Coleslaw with tahini yogurt dressing

SERVES 6 PREP 15 mins
NO COOK EASY V

Mix **1½ tbsp tahini**, **5 tbsp Greek yogurt**, **½ crushed garlic clove** and some seasoning in a large bowl until smooth. The dressing will thicken, so add 2-3 tbsp cold water to loosen it. Tip in **1 finely sliced small red cabbage**, **3 small carrots**, cut into matchsticks, and **1 small finely sliced onion** to the dressing and toss until the veg is well-coated.

GOOD TO KNOW healthy • low fat • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 109 kcals • fat 5g • saturates 2g • carbs 10g • sugars 8g • fibre 6g • protein 4g • salt 0.1g

Frozen tropical fruit yogurt

SERVES 6 PREP 15 mins EASY V ❄

Put **480g frozen tropical fruit mix**, **170g Greek yogurt** and **2 tbsp maple syrup** or **honey** in a food processor and blend until smooth. Scoop into bowls or tip into a freezerproof container and freeze to serve later. Top with **200g diced tropical fruit** and **passion fruit seeds** to serve.

GOOD TO KNOW low fat • low cal • 1 of 5-a-day • gluten free
PER SERVING 98 kcals • fat 3g • saturates 2g • carbs 15g • sugars 14g • fibre 1g • protein 2g • salt 0.1g

Griddled aubergines with yogurt & mint

SERVES 4 PREP 10 mins
COOK 50 mins EASY V

Drizzle **4 small aubergines**, sliced into 1cm rounds, with **2 tbsp olive oil**. Season with a little salt and pepper and toss in a bowl. Heat a griddle pan over a high heat, and, once hot, cook the aubergine slices for about 2-3 mins on both sides until soft and lightly charred (you'll need to do this in batches). Remove to a serving plate and leave to cool slightly. Meanwhile, mix **150g natural yogurt** with the **juice of ½ lemon**, **2 crushed garlic cloves** and a **small bunch of mint**, roughly chopped. Season to taste. Drizzle the mint yogurt over the griddled aubergines and serve at room temperature.

GOOD TO KNOW healthy • 1 of 5-a-day
PER SERVING 105 kcals • fat 7g • saturates 1g • carbs 8g • sugars 6g • fibre 4g • protein 4g • salt 0.3g

Inside your veg box

BEETROOT

These versatile bulbs have sweet, earthy flesh that can be purple, candy-striped or bright yellow. As well as pickling or tossing them in salads, you can showcase them in this silky risotto *recipe* ESTHER CLARK *photograph* YUKI SUGIURA

Beetroot risotto with feta

SERVES 2 PREP 15 mins
COOK 30 mins EASY V

2 tbsp olive oil, plus extra to serve
1 onion, finely chopped
300g raw beetroot, grated
1 garlic clove, crushed
175g risotto rice
100ml non-alcoholic white wine
600ml hot vegetable stock
50g grated parmesan or vegetarian alternative
½ lemon, zested and juiced
40g feta, crumbled
small handful of dill, to serve (optional)

1 Heat the oil in a large saucepan. Add the onion and beetroot, and cook over a low-medium heat for 15 mins. Add the garlic and cook for 1 min. Stir in the rice and fry for a couple of minutes, then pour in the non-alcoholic wine and bring to a simmer. Add half the stock, stirring until it is absorbed. Add the remaining stock, a ladleful at a time, stirring continuously until the rice is al dente. Stir through the parmesan and lemon juice, adding a splash more stock to loosen if the risotto seems a little thick. Season to taste.

2 Toss the feta with the lemon zest and dill, if using, and spoon over the risotto. Finish with a drizzle of olive oil. *Any leftovers will keep covered in the fridge for up to three days. Reheat in a pan over a low heat, stirring in a little stock to loosen.*

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 727 kcals • fat 24g • saturates 9g • carbs 93g • sugars 19g • fibre 8g • protein 22g • salt 1.9g

HOW TO MAKE BEETROOT LAST LONGER

Pickle it
Try making your own pickled beetroot. Cook the beetroot in boiling, salted water until tender, then slice and pack into sterilised jars with pickling liquid made using white wine vinegar, sugar and salt as a base. Add a few aromats, if you like, such as fennel seeds, chilli or dill.

Turn it into a chutney
To make your beetroot last even longer, make it into a chutney to serve with cold meats and cheese in winter and at Christmas. Beetroot holds itself really well in a chutney and develops its flavour over time. Find beetroot chutney recipes online at *bbcgoodfoodme.com*.

NEW WAYS WITH BEETROOT



BBQ IT

Wrap small beetroot bulbs tightly in foil and bake directly on the hot embers of a barbecue for 45mins-1 hr or until tender when a cutlery knife is inserted. Slice the beetroot and toss with olive oil, balsamic vinegar and goat's cheese, and serve in a leafy salad.



MAKE A RÖSTI

Turn your beetroot into moreish, crispy fritters. Grate the raw bulbs, then fry with seasoned shallots and onions. Shape into patties and bake or fry until golden brown on both sides. Serve with poached eggs, smoked salmon or trout and soured cream for a Scandi-inspired brunch.



BAKE IT IN A CAKE

Beetroot pairs beautifully with rich chocolatey flavours. Try baking it into a brownie or chocolate cake. It adds a slightly savoury edge to balance the sweetness and imparts moisture into the bake. Find beetroot-based bakes at *bbcgoodfoodme.com*.

Shoot director SARAH SNELLING | Food stylist ESTHER CLARK | Stylist MAX ROBINSON











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GOURMET LIFESTYLE



THE SUITE LIFE

THE ST. REGIS SAADIYAT ISLAND RESORT, ABU DHABI

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Competitions, **p87**



THE SUITE LIFE

Pack your bags and head to The St. Regis Saadiyat Island Resort for an exquisite sojourn. Located just minutes away from Abu Dhabi's downtown district, and a comfortable hour's drive from Dubai, the luxurious beachfront property on the stunning Saadiyat Island is perfect for your next serene seaside getaway

A drive down the charming winding road, surrounded by gorgeous greenery leads you to The St. Regis Saadiyat Island Resort sited on the pristine natural and scenic Saadiyat Island. Unassuming of just how majestic the property is as you first chance upon it, this resort in the capital offers an exquisite and relaxing beachfront escape amidst luxury and sustainable surroundings.

You will feel like you have entered a quaint town, with a 9km eco-protected, glorious stretch of golden sands beach with azure Arabian Gulf waters for as far as the eye can see. A sight strikingly evident as soon as you walk into the resort's majestic lobby.

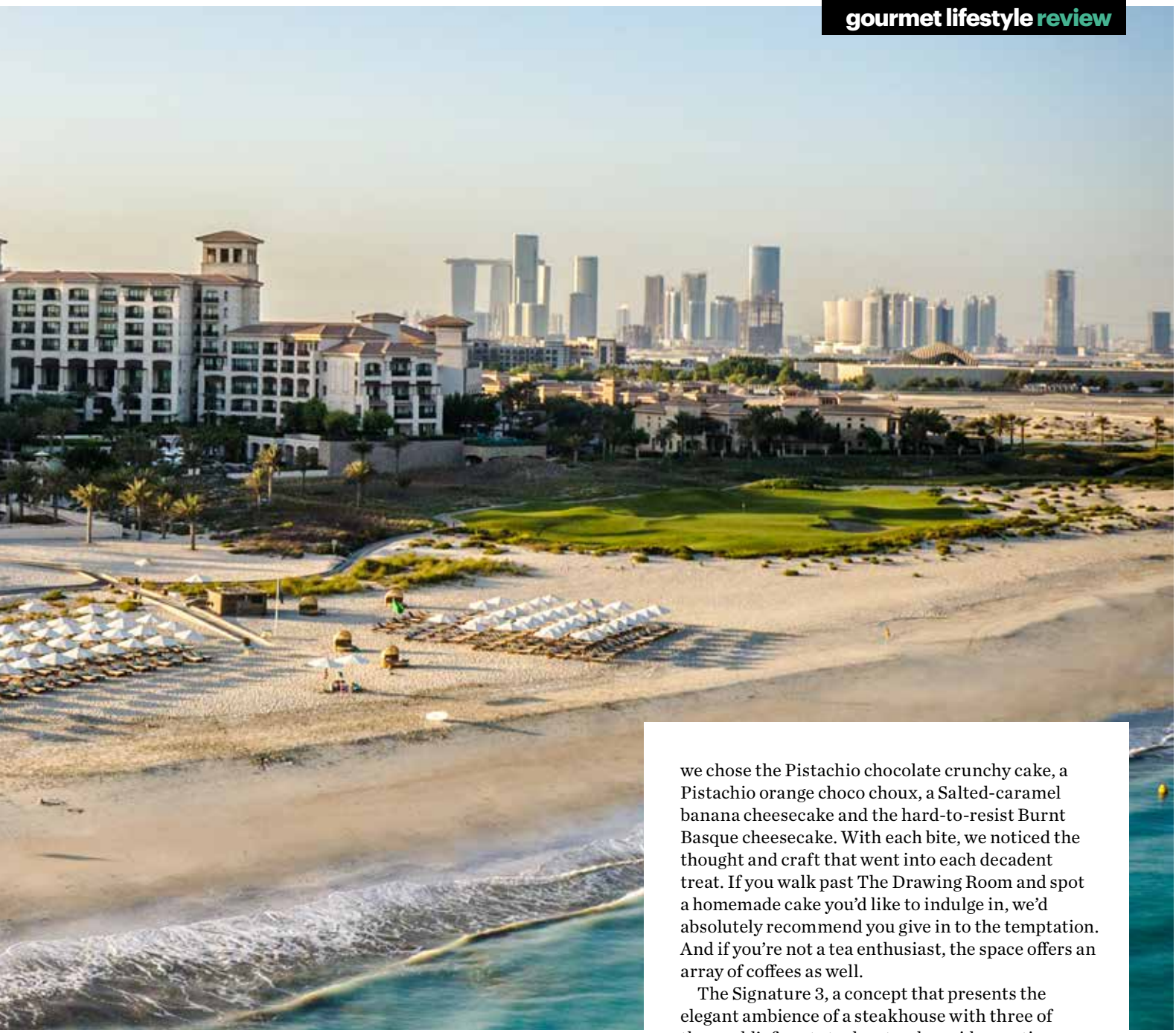
Enormous floor-to-ceiling windows offer a promise of an unobstructed, picturesque paradise outdoors, in stunning shades of green and blue; while the indoors boasts a natural, welcoming ambience with chic interiors of white marble, lush rugs and striking chandeliers.

We knew right then an exploratory walk around the property was due as soon as we completed our swift check-in. Delighted at the news that we had been upgraded to a Junior Ocean Suite from the myriad of options available, to put into perspective just how grand the resort is, it features 312 Rooms, 63 Suites and 1 lavish Royal Suite, all with private terraces and panoramic views of the sea, the resort and the golf course. Look forward to distinctive restaurants and bars, from delectable pastries at The Drawing Room, Mediterranean cuisine at Olea and Pacific Rim bites at Buddha-Bar Beach, to innovative dishes at The Signature 3 and creative beverages at The Manhattan Lounge, you're not only spoilt for choice, but in for a real treat.

ACCOMMODATION

The suite features a spacious living area with a dining table, a desk for those who need to get a bit of work in, a comfortable sitting arrangement with a television and guest bathroom, and a beautiful balcony overlooking the greenery that ran the length of our suite. And that's just one side of the suite!

A door leads you into an adjacent bedroom with a dresser, closets and a bathroom with a spacious bathtub, standing



shower and lavish amenities. Natural, earthy hues with the occasional vivid bursts of burnt orange and warm lighting make up the Junior Ocean Suite.

Waiting to greet us was a St. Regis Butler, in keeping with the brand's notable history of providing bespoke personalised experiences, who informed us of the series of signature services provided including packing and unpacking assistance, garment pressing, tea or coffee preparation and more.

CULINARY OFFERINGS

After freshening up, we visited the delightful Drawing Room for a peek into the signature St. Regis Tea Ritual. Open all day and serving homemade desserts and weekly-themed cakes, the sumptuous Afternoon Tea experience begins with your choice of the loose-leaf aromatic beverage that ranges from an antioxidant-rich white or green tea to a light, fruity or minty sip. Displaying a selection of weekly-themed pistachio-flavoured sweets, among others, we chose the Pistachio chocolate crunchy cake, a Pistachio orange choco choux, a Salted-caramel banana cheesecake and the hard-to-resist Burnt Basque cheesecake. With each bite, we noticed the thought and craft that went into each decadent treat. If you walk past The Drawing Room and spot a homemade cake you'd like to indulge in, we'd absolutely recommend you give in to the temptation. And if you're not a tea enthusiast, the space offers an array of coffees as well.

The Signature 3, a concept that presents the elegant ambience of a steakhouse with three of the world's finest steak cuts, alongside creative, exceptional dishes, was our venue for dinner. Our epicurean journey began with Lobster tail in truffle maple with a smoked cauliflower purée, mushroom foam and crispy kale that added a fantastic texture to the dish; followed by Seared foie gras with a hazelnut crust, caramelised plums, pain perdu and sunflower honey; and a Caramelised octopus with black pepper jam, pomelo, onion confit and tarragon. Each generously portioned dish was a work of art, with each plate a canvas for the talented culinary team. The Octopus, especially, had a bit of spice to it which came as a pleasant surprise as it usually almost always involves a bland preparation. It seemed as though the chefs had fun crafting each dish, which in turn made it a pleasure to eat.

Mains called for Mediterranean tiger prawns and perfectly seared diver scallops with Datterino tomatoes, black garlic, chilli flakes and olives - a flavour-packed dish in a rich stock. My dining partner opted for a 220g Wagyu beef rib eye which undeniably set the bar high for any steak to follow.











The Manhattan Lounge beckoned and we stepped into the timeless space offering an array of beverages and boasting timber floors, lavish rugs and leather couches, with a traditional wall-hanging mural narrating the origins of Abu Dhabi's settlers.

Breakfast kicked off the next morning at Oléa, a Mediterranean-influenced restaurant with indoor and al fresco dining options. Something you don't see often, it continues until 1pm and this allowed for a much-needed sleep in. Tuck into varied options including twists on what you'd usually see on a breakfast menu. Served to the table, a tray of freshly-baked savoury and sweet carbs made its way along with a platter of nutritious Muesli with goji berries, Wild açaí berry yogurt and Mango-chia parfait. Take your pick from the fresh fruit juices including green-powered and detoxifying ones. You can then place your order for a sweet or savoury breakfast (or both). Over the course of our two-day stay, we tried the Croque panini; a modern take on eggs Florentine with black English muffins; Truffle scrambled on avocado toast; and Shakshuka with feta crumbled over and grilled halloumi. Each dish offered a hearty start to the day. Those with a sweet tooth can tuck into a tempting order of chocolatey Nutella s'mores or Cinnamon rolls with pecan nuts. It's rare that breakfasts are remembered during a stay at a resort, however at The St. Regis Saadiyat Island Resort, your breakfasts will be as memorable as your stay.

The renowned Buddha-Bar Beach, with open beachfront views, sensational gastronomy from a concise menu and specialty sips warrants a visit for the adults. The first recommended dish was the Pacha maki with an explosion of flavour from prawn tempura, avocado, white fish and a Pacha sauce; a Mango-Maguro maki with tuna, cucumber and spicy sauce; and an interesting Softshell crab tempura. I say interesting because accompanying it was an aromatic tom yum foam. We indulged in a Porterhouse Ishiyaki with togarashi and black garlic butter sauce. Enough for two or three to share, the substantial dish offered a rich succulent bite. Those treating themselves to beverages take their pick from green banana, yuzu, cucumber, kumquat, lime, pineapple and hibiscus infused ones.

FACILITIES

Guests can enjoy a host of lifestyle activities including the property's designated pools for adults and children, and a lap pool if you wish to get a quick spot of exercise in. When the sun is shining, try beach volleyball and non-motorised water sports or a game of squash and tennis at the courts.

If you're looking for a rejuvenating treatment, don't leave without a visit to the Iridium Spa. The award-winning hub includes 12 tranquil treatment suites, including couples' treatment rooms, some with private terraces and impressive water features.

We were guided to a spacious treatment room with dim lighting that immediately put us in a state of relaxation. After settling into the cosy spa-provided robes and slippers, we customised our personal spa experience with tailored oils, therapies and massages. The meticulous attention to detail by the dedicated staff offers overall blissfulness, making you feel like you're on cloud nine as you enjoy the rest of your stay.

BOOK A STAY

Room rates from AED833 per night. Contact +9712 498 8888 or visit marriott.com/hotels/travel/auhxr-the-st-regis-saadiyat-island-resort-abu-dhabi

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TASTING MENU FOR TWO AT KAYTO, JUMEIRAH AL NASEEM, WORTH AED900

Nestled at the contemporary beachside retreat Jumeirah Al Naseem, KAYTO is an effortlessly chic restaurant recognised for its exotic blend of Peruvian and Japanese 'Nikkei' cuisine. A place to see and be seen at, KAYTO offers a carefully crafted menu by acclaimed head chef Cristian Goya, featuring an array of flavours for the sophisticated palate. Set against the mesmerising backdrop of the iconic Burj Al Arab Jumeirah, one lucky winner will get to experience a delectable dinner for two.



TASTING MENU FOR TWO AT PIERCHIC, JUMEIRAH AL QASR, WORTH AED980

Pierchic is a remarkable, multi-award-winning restaurant perched at the end of the private pier at Jumeirah Al Qasr. The elevated and serene seaside dining destination is offering one winner the chance to indulge in an exceptional tasting menu for two. Created by chef Beatrice Segoni, the gourmet Italian culinary journey is centred around traditional pasta and sumptuous seafood. Enjoy the true taste of Italy, with the restaurant's offering of exquisitely presented authentic gastronomy.



LUNCH OR DINNER AT CLAW BBQ RAK, WORTH AED750

Discover American comfort food at CLAW BBQ, the BBQ Crabshack and Grill concept sited at Ras Al Khaimah's Hampton by Hilton Marjan Island. Whether you live there, in the area for a staycation, a daycation, or even just driving by, stop by the restaurant for addictive grills and seafood, together with old-school arcade and board games. Win a lunch or dinner experience at CLAW BBQ RAK and tuck into a selection of delicious bites and epic creative concoctions.



A MEAL VOUCHER FOR FOUR AT LDC KITCHEN + COFFEE, WORTH AED800

Stop by Dubai's homegrown casual dining venue, LDC Kitchen + Coffee for breakfast, lunch or dinner with loved ones and enjoy a diverse selection of familiar favourites. Expect quality ingredients and impressive dishes, complemented by warm hospitality. You can also stop by the deli section for freshly-baked treats and snacks. One reader will receive a voucher for four, to experience all that LDC Kitchen + Coffee has to offer.

Images SUPPLIED



A SILVER FERN FARMS HAMPER, WORTH AED750

Raised in the perfect New Zealand climate, Silver Fern Farms beef and lamb products are 100 per cent grass-fed and pasture-raised animals that receive the utmost care and respect to ensure the very best in taste and quality. Whether you're looking for the perfect barbeque feast or a classic Sunday roast, Silver Fern Farms grass-fed offerings present full-flavour, tenderness and quality that's both, better for the environment and your body. One winner will receive a Silver Fern Farms hamper.



A DRINK DRY VOUCHER, WORTH AED750

Founded in 2019 by Erika Doyle with the intention of gathering good quality, alcohol-free beverages under one umbrella, Drink Dry is an online marketplace in the UAE for premium non-alcoholic drinks. Take your pick from non-alcoholic beers, spirits, still and sparkling grape, concoctions and tonic mixers, delivered to your doorstep. Drink Dry's offerings also contain less sugar and calories in comparison to average adult drinks. One reader will receive a voucher to spend on Drink Dry's refreshing, non-alcoholic beverages.



TORNO SABATO, SATURDAY LUNCH AT TORNO SUBITO, WORTH AED800

Experience a slice of the sophisticated, social and laid-back 1960s Italian Riviera at Torno Subito, the charming Italian restaurant from the culinary genius Massimo Bottura. Dive into a retro Saturday afternoon featuring irresistible and playfully audacious food, free flowing beverages and live entertainment at the restaurant's light-hearted Torno Sabato. One winner will experience a sharing-style, sublime Saturday lunch for two, inclusive of house beverages.



STORE CREDIT AT MARKS & SPENCER, WORTH AED750

To celebrate the world coming together at the thrilling Expo 2020 Dubai this October, Marks & Spencer is offering one lucky reader store credit to experience delightful flavours from all around the globe. Think aromatic, delightful cuisines from India and China to Italy, Mexico and the UK and discover an array of delicacies from the leading British retailer's extensive food selection. No matter the occasion or celebration, Marks & Spencer has you covered.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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SYARIF PURAWINATA
(#Bonbon Winner)
"Cacao Barry Saint-Domingue 70% because I like the profile since the first time, I taste it"





VIVIAN CREADO
(#Taste Winner)
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"This extremely soft and subtly dark chocolate has a smooth texture and a sourness and red fruits strong flavour





BERTRAND LE GALLIC
"It is organic, fruity, with acid flavor; for being a 65% is rich and nice balanced without being too much sour. The long aftertaste gives such a wonderful velvety flavor, is really a pleasure to use it a wild variety of recipes and is definitely my favorite chocolate".



ALTO EL SOL 65%
CHOCOLATE





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